

BACK 2 SCHOOL BACK 2 YOU!

September 8-12

We are kickstarting the school season with a week full of events to help you enjoy some “me” time!

Bring a friend for FREE to any of the events this week!*

Friends Free Week September 8-12

Bring your friends to the gym floor or one of the classes/events listed below for FREE this week!*

Monday, September 8

9:00am - Cardio, Core & Coffee with *Bill Ackerman*
(Meet by the treadmills against field windows. Registration required - 11 spots available.)

9:15am - BodyCombat Field

1:00pm - BodyPump Studio 1

6:00pm - BodyAttack Field

Tuesday, September 9

Trainer Tuesday - bring a friend to your training session for FREE

10:30am - Tabata Functional Strength with *Kathy Wise*
(Meet by the trainers desk. Registration required.)

1:00pm - BodyFlow Studio 1

Wednesday, September 10

Aerial Yoga & Pilates demos on fitness floor with *Kim DeAngelis*

9:45am - Aqua Zumba Rec Pool

10:30am - Buddy Cycle (Registration required - 19 spots available.)

7:00pm - BodyJam Dance Party

Thursday, September 11

Trainer Thursday - bring a friend to your training session for FREE

9:00am - 11:00am - Snacks & Refreshments on fitness floor

9:00am - Cardio, Core & Coffee with *Justine Hendricks*
(Meet by the treadmills against field windows. Registration required - 11 spots available.)

9:15am - BodyAttack Field

1:00pm - BodyPump Studio 1

Friday, September 12

9:30am - Sh'bam 80's Flashback Friday Studio 1

Referral Special

Refer a friend to join this week! The member that refers the most friends that join will win their choice of two 30-minute sessions (with select trainers); OR a FREE October program (choice of Pilates Reformer, Aerial Yoga, Lunch Break, Max Fit, or TRX/RKB)!

Registration required for Buddy Cycle, Cardio Core & Coffee, BodyPump, and Tabata Functional Strength. Register at www.thearenaclub.com or at the front desk.

*Free guests are limited to two members per guest, per day. Free guests may use the facility, but may only attend the classes listed above. Guests may utilize childcare for children walking age or older (no infants). First guest child in childcare is free, siblings will be charged \$5.

