

BACK 2 SCHOOL BACK 2 YOU!

September 13-17

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

Friends Free Week September 13-17

Bring your friends to The Arena Club to enjoy the club and classes/events listed below for FREE this week!*
See one of our Membership Representatives to pick up your Friend Passes!

Monday, September 13

9:00am - Group Fitness Class: Kickboxing w/Shanna *Sport Court*

10:00am - “Fall” in Love with a New You! Weight Loss seminar w/Beth 20/30 *FastTrack*

11:00am - 15-Minute Clinic: Core Control w/ Wendy *Fitness Floor*

6:00pm - “Fall” in Love with a New You! Weight Loss seminar w/Beth 20/30 *FastTrack*

6:45pm - 15-Minute Clinic: Booty Revolution w/ Star *Fitness Floor*

Tuesday, September 14

9:00am - 15-Minute Clinic: Rolling with Recovery w/ Courtney *Fitness Floor*

5:00pm - Group Fitness Class: CircHIIT w/Shanna *Sport Court*

6:00pm - 15-Minute Clinic: Jabs, Bags & Abs w/ Shanna *Fitness Floor*

Wednesday, September 15

8:45am - 15-Minute Clinic: Bands, Balls & Bells w/Kim *Fitness Floor*

9:30am - Group Fitness Class: REV w/Kim *Sport Court*

5:00pm - 15-Minute Clinic: Booty Camp w/Courtney *Fitness Floor*

7:30pm - 15-Minute Clinic: Body Weight Basics w/Nikki *Fitness Floor*

Thursday, September 16

10:15am - 15-Minute Clinic: R.I.P. (Resistance, Interval, Power) w/Erin *Fitness Floor*

10:30am - Group Fitness Class: BodyFlow w/Justine *Sport Court*

5:30pm - 15-Minute Clinic: Kettlebell Basics w/Justine *Fitness Floor*

Friday, September 17

8:30am - 15-Minute Clinic: Nutrition Workshop w/Shanna *Fitness Floor*

9:00am - Group Fitness Class: Zumba w/Nikki *Sport Court*

4:30pm - 15-Minute Clinic: Strength Training w/Sean *Fitness Floor*

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 Small Group Training program in October!

See a Membership Representative for your Friend Passes!

*Members may bring two free guests (age 18+) per day. Guests may only attend group fitness classes listed above due to space limitations.

