



ArenaRx Program Schedule

Sessions Available
Exclusively for
ArenaRx Members

SCHEDULE EFFECTIVE June 23, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11-11:45 AM		11-11:45 AM		
Arena Rx		Arena Rx		
Meet at Fitness Desk Coach Trish		Meet at the therapy pool Coach Trish		

**Arena RX POLICIES & PROGRAM GUIDE
REGISTRATION POLICY**

SESSIONS THAT HAVE 0 REGISTRATIONS WITHIN 60 MINUTES OF THE START TIME WILL BE CANCELED!
Participants may not begin a session more than 5 min late.

Session times, coaches & formats are subject to change!

Arena Rx

The level one program is for brand new exercisers or those with special conditions. Our trainers will personally scale each session for the beginner- exerciser to acclimate you to our facility and fitness. Each intensity- appropriate session will utilize a variety of training methods that will infuse strength training AND cardiovascular training with every workout. You will learn proper technique and equipment use in a fun and successful environment!
Unlimited access for Arena Rx Members

ArenaRx Pool Session

Incorporate strength and cardiovascular exercises in our heated therapy pool. Strengthen your body and improve flexibility and balance with or without equipment. Expect little to no impact to your joints. Leave each session feeling restored, stronger and healthier!
Our trainers will personally scale each session all levels of fitness.
Unlimited access for Arena Rx Members



INCLEMENT WEATHER POLICY - SHOULD HCPS BE ON A 2 HOUR DELAY OR CLOSURE- THE ONLY SESSION AFFECTED UNLESS OTHERWISE DIRECTED BY THE CLUB IS A CANCELLATION OF THE WEDNESDAY POOL SESSION.