

# Fitness Days

## Schedule of Events

### 2 FREE JAM-PACKED DAYS OF INFORMATION, FITNESS AND FUN!

ALL FREE! [You must be 18 or older to participate in all events]

### Wednesday, April 6

6:00am – 7:00pm	Fitness Advice Center	Spin Wheel
8:00am	Turf Field	Outdoor Get Lean Boot Camp
	Studio D	TRX Conditioning
9:00am	North Court	REACH Body Makeover I
	Turf Field	Outdoor Get Lean Boot Camp
9:30am	Studio D	TRX Conditioning
10:00am	North Court	REACH Peak Fitness Challenge
	Turf Field	Warrior Boot Camp
	Turf Field	Athena Boot Camp (women only)
12:00pm	North Court	REACH Body Makeover II
	Studio E	Pilates Reformer
5:00pm	Training Floor	Strength Endurance Max
5:30pm	Turf Field	REACH Fit After 50
	Turf Field	Outdoor Get Lean Boot Camp
6:00pm	Studio E	Pilates Reformer
6:30pm	Club Room	REACH Peak Fitness Challenge
	Turf Field	Athena Boot Camp (women only)
7:00pm	Studio E	Pilates Reformer

### Thursday, April 7

6:00am – 7:00pm	Fitness Advice Center	Spin Wheel
8:00am	Turf Field	Outdoor Get Lean Boot Camp
9:00am	North Court	REACH Body Makeover II
9:30am	North Court	REACH Peak Fitness Challenge
10:00am	Turf Field	Warrior Boot Camp
10:30am	Studio E	Pilates Reformer
11:00am	Training Floor	TRX Conditioning
	Turf Field	Athena Boot Camp (women only)
12:00pm	Studio D	GRIT™ Plyo
12:30pm	Studio E	Pilates Reformer
4:30pm	Training Floor	TRX Conditioning
5:00pm	Studio E	Pilates Reformer
5:30pm	Studio D	GRIT™ Cardio
	Turf Field	Athena Boot Camp (women only)
6:00pm	Studio E	Pilates Reformer

Sample Sessions and Just-Try-It Classes are 30 minutes each, including time for information and questions. Register at Member Services or the Fitness Advice Center. Walk-ins are welcome based on availability. Limit one session/class per person per type during Fitness Days.