

MARCH 2017

WELLNESS & AQUATICS PROGRAMS AND EVENTS

EAT MO GREENS FARM STAND

IN MAIN LOBBY

MONDAY
THURSDAY
SATURDAY
9:00 AM - 1:00 PM

Wellness & Aquatics Hours

Mon-Thurs: 5:00 AM - 10:00 PM (Aquatics 9:30 PM)
Fri: 5:00 AM - 9:00 PM (Aquatics 8:30 PM)
Sat & Sun: 7:00 AM - 7:00 PM (Aquatics 6:30 PM)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26

SGT = Small Group Training (awesome workouts by our training staff for 6-8 people!) Sign up: bodyzonesports.com/grouptraining!

27

NOW OPEN!

BODY ZONE™
PHYSICAL THERAPY

Learn more @ bodyzonesports.com/physicaltherapy

28

"Know Before You Go" Group Fitness Tutorials

Mondays @ 11:45 AM
- BODYPUMP

Fridays @ 12:00 PM -
Studio Cycling
Sign up at 2nd floor Wellness Desk

1

9:00 - 10:00 AM
SGT on Training Turf

5:00 - 7:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

2

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

6:00 PM
Self-defense class
Meet Member of the Month: Lauren Newton bodyzonesports.com/headlines

3

9:00 - 10:00 AM
SGT on Training Turf

12:00 - 1:00 PM
SGT on Training Turf

5:00 PM
Lifeguarding class kicks off - weekend program

4

Check out our Workout of the Month (#WOM) on THE WALL in the Wellness Center

NEW ON OUR BLOG: Nourish Your Heart and Soul ... Read: bodyzonesports.com/headlines

PLEASE NOTE: Many programs and events, even if they are free of charge, require advance registration. See Guest Services located on the main level for info or visit bodyzonesports.com

5

8:00 AM
HIT Bag Training w/ Dan Plummer

FIT TIP: Stretch Yourself! According to the American College of Sports Medicine healthy adults should do flexibility exercises 2-3x/week. Spend a total of 60 seconds on each stretching exercise.

6

"Positive Nutrition Prompts" begins - A "March is Nutrition Month" Activity for Members!

9:00 - 10:00 AM
SGT on Training Turf

9:30-10:30 AM & 5:30-6:30 PM
Complimentary Blood Pressure Screening by Allison White, RN Aquatics Lobby

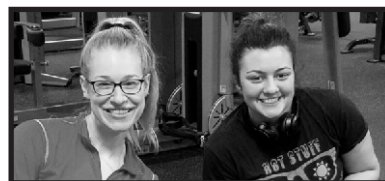
5:30 - 6:30 PM
SGT on Training Turf

7

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM - 12:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf



8

9:00 - 10:00 AM
SGT on Training Turf

5:00 - 7:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

9

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

6:00 PM
Self-defense class



10

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM
Ballet Barre Sculpt in The Wellness Studio

12:00 - 1:00 PM
SGT on Training Turf



11

9:00 AM
Lifeguarding Recertification class

NEW ON OUR BLOG: Brain Boosters ... Read: bodyzonesports.com/headlines

BODY ZONE™
Sports and Wellness Complex

bodyzonesports.com

SUNDAY

12

8:00 AM
HIT Bag Training w/ Dan Plummer

Sunday Surprise!
Get \$1 off a smoothie or shake. Present this calendar to the upstairs Wellness Desk.

MONDAY

13

New schedules for: Group Fitness, Aqua Fitness and Older Adult Fitness

SPRING SWIM SCHOOL kicks off this week!

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

TUESDAY

14

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM - 12:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

WEDNESDAY

15

9:00 - 10:00 AM
SGT on Training Turf

5:00 - 7:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

THURSDAY

16

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

5:45 PM
5K Running Class begins - sign up at bodyzonesports.com/learn

6:00 PM
Self-defense class

FRIDAY

17

St. Patrick's Day!

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM
Ballet Barre Sculpt in The Wellness Studio

12:00 - 1:00 PM
SGT on Training Turf

SATURDAY

18

8:00 AM
NEW ON OUR BLOG:

Feel The Heat
Read: bodyzonesports.com/headlines



19

8:00 AM
HIT Bag Training w/ Dan Plummer

FIT TIP: Track it! Journal or log your food intake, workout routine, physical progress and weight to help you stay focused and reach your goals.

20

FIRST DAY OF SPRING!

9:00 - 10:00 AM
SGT on Training Turf

9:30 - 10:30 AM & 5:30 - 6:30 PM

Complimentary Blood Pressure Screening by Allison White, RN Aquatics Lobby

5:30 - 6:30 PM
SGT on Training Turf

21

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM - 12:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

22

9:00 - 10:00 AM
SGT on Training Turf

5:00 - 7:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

23

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

6:00 PM
Self-defense class

24

9:00 - 10:00 AM
SGT on Training Turf

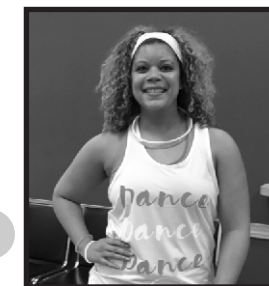
10:00 AM
Ballet Barre Sculpt in The Wellness Studio

12:00 - 1:00 PM
SGT on Training Turf

25

NEW ON OUR BLOG:

Ancient Grains = Whole Grains
Read: bodyzonesports.com/headlines



26

8:00 AM
HIT Bag Training w/ Dan Plummer

27

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

28

9:00 - 10:00 AM
SGT on Training Turf

10:00 AM - 12:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

29

9:00 - 10:00 AM
SGT on Training Turf

5:00 - 7:00 PM
Chair Massage in Aquatics Lobby - \$1/minute

5:30 - 6:30 PM
SGT on Training Turf

30

9:00 - 10:00 AM
SGT on Training Turf

5:30 - 6:30 PM
SGT on Training Turf

6:00 PM
Self-defense class

31





9:00 - 10:00 AM
SGT on Training Turf

10:00 AM
Ballet Barre Sculpt in The Wellness Studio

12:00 - 1:00 PM
SGT on Training Turf

MARCH 2017 PROGRAMS AND EVENTS

Connect With Us!

-  Facebook.com/bodyzonesports
-  Twitter.com/bodyzonecomplex
-  Instagram.com/bodyzonesports
-  bodyzonesports.com/headlines