

# DECEMBER 2017

## WELLNESS & AQUATICS PROGRAMS AND EVENTS

### Check out Savory Café!

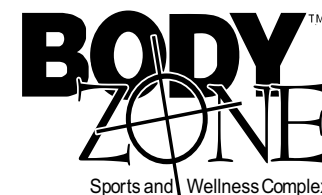
For: healthy "grab and go"  
breakfast, lunch and  
snack options  
Located on our main level.  
Weekdays 9:00 AM - 1:00 PM  
and 5:00-10:00 PM

### Wellness & Aquatics Hours of Operation

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)



bodyzonesports.com

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26

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### Holiday Hours of Operation

**December 24  
Christmas Eve**

Ice/Sports: Closes at 1:00 PM  
Wellness: 7:00 AM - 1:00 PM  
Aquatics: 7:00 AM - 12:30 PM

**December 25  
Christmas Day**

Entire facility is closed

**December 31  
New Years Eve**

Ice/Sports: Closes at 5:00 pm  
Wellness: 7:00 AM - 5:00 PM  
Aquatics: 7:00 AM - 4:30 PM

**January 1, 2018  
New Years Day**

Entire facility is closed

### Your December Group Fitness Challenge! Give SPRINT a try!

SPRINT is High Intensity Interval Training (HIIT) using a bike as a tool. It's a brand new 30-minute class on our new Group Fitness schedule rolling out on Dec. 11. You reap the best results when you monitor your heart rate during the class so ask for a demo MYZONE heart rate belt and get real time feedback via the monitor in our Cycling Studio. Class dates/times: Mondays at 6:30 pm, Tuesdays at 9:35 am, Wednesdays at 12:00 pm, Wednesdays at 5:00 pm, Saturdays at 8:30 am.



11:45 AM

"Know Before You Go" Group  
Fitness Tutorials -- FREE FOR  
MEMBERS -- Studio Cycling  
Sign up at 2nd floor Wellness Desk

"In The Zone" Monthly MYZONE  
Challenge begins!

Learn more:

<http://bodyzonesports.com/myzone>



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9

**8:00 AM**  
H.I.T. Bag Training w/  
Dan Plummer



### December Member Spotlight:

Debbie Cebular  
(pictured left)  
Read her story:  
[bodyzonesports.com/  
headlines](http://bodyzonesports.com/headlines)



**8:30 AM**  
No more stress!  
Vinyasa Flow Yoga w/Jenn

**5:30 PM**  
HIT Bag Training w/  
Dan Plummer

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

**9:00 AM - 7:00 PM**  
doTERRA Essential  
Oils Pop Up Shop by  
Claire Farrar  
Main Lobby /  
[bodyzonesports.com/  
lobbymarket](http://bodyzonesports.com/lobbymarket)

**6:30 PM**  
FIT Boot Camp w/ BZ  
Trainer Dave Moseley  
Free for members



**11:45 AM**  
"Know Before You Go"  
Group Fitness  
Tutorials -- FREE FOR  
MEMBERS  
Studio Cycling  
Sign up at 2nd floor  
Wellness Desk

**9:00 AM - 7:00 PM**  
LuLaRoe Pop Up Shop  
by Tanya Bowman  
Main Lobby /  
[bodyzonesports.com/  
lobbymarket](http://bodyzonesports.com/lobbymarket)



**Wintry weather =  
possible group fitness class cancellations**  
Take note of our Inclement Weather Policy posted  
throughout wellness and aquatics areas and ask  
about our Text Message Alert Service

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](http://bodyzonesports.com)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10

**8:00 AM**  
H.I.T. Bag Training w/  
Dan Plummer

### Sunday Surprise!

Get \$1.00 off a smoothie  
or shake. Present this  
calendar to the upstairs  
Wellness Desk.



**NEW schedules for  
Group Fitness,  
Aqua Fitness and  
Older Adult Group  
Fitness begin!**

12

**8:00 - 10:00 AM**  
FREE Blood Pressure Screening  
for Members  
by: Sarah Bookser, RN & Power  
Kunkle Wellness Matters

**12:00 PM**  
FREE Lunch & Learn  
for Adult Members  
Hosted by Eye  
Consultants of PA



**5:30 PM**  
HIT Bag Training w/  
Dan Plummer

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**9:00 AM**  
New Aqua Fitness Class!  
Cardio Wave w/Kris

**10:00 AM**  
New Aqua Fitness Class!  
Sea Sculpt w/Kris

**6:30 PM**  
FIT Boot Camp w/ BZ  
Trainer Dave Moseley  
Free for members

14

**4:30 PM**  
New Group Fitness  
Class:  
BODYSTEP w/Tammy



15



17

**8:00 AM**  
H.I.T. Bag  
Training w/  
Dan Plummer



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19

**8:30 AM**  
Get your flow on!  
Vinyasa Flow Yoga  
w/Jenn

**5:30 PM**  
HIT Bag Training w/  
Dan Plummer

20

**9:00 AM**  
New Aqua Fitness Class!  
Cardio Wave w/Kris

**10:00 AM**  
New Aqua Fitness Class!  
Sea Sculpt w/Kris

**6:30 PM**  
FIT Boot Camp w/ BZ  
Trainer Dave Moseley  
Free for members

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**8:30-10:30 AM  
& 4:30-6:30 PM**  
Holiday Pop Up  
Happy Hour for  
Members!

22

**10:05 AM**  
New Group  
Fitness Class:  
Beginner  
Yoga w/Kelly

23

**11:45 AM**  
"Know Before  
You Go" Group  
Fitness Tutorials  
-- FREE FOR  
MEMBERS  
Studio Cycling  
Sign up at 2nd  
floor Wellness  
Desk



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**Christmas Eve Modified  
Group Fitness Schedule  
In Effect**

**8:00 AM**  
H.I.T. Bag Training w/  
Dan Plummer

25

**Merry Christmas  
Entire Facility Is Closed**

26

**5:30 PM**  
H.I.T. Bag Training w/  
Dan Plummer

27

**9:00 AM**  
New Aqua Fitness Class!  
Cardio Wave w/Kris

**10:00 AM**  
New Aqua Fitness Class!  
Sea Sculpt w/Kris

**6:30 PM**  
FIT Boot Camp w/ BZ Trainer  
Dave Moseley  
Free for members

28



29

**11:45 AM**  
"Know Before  
You Go" Group  
Fitness  
Tutorials --  
FREE FOR  
MEMBERS  
Studio Cycling  
Sign up at 2nd  
floor Wellness  
Desk

30

31

**New Year's Eve Modified Group  
Fitness Schedule In Effect**

**8:00 AM**  
FREE FOR THE HOLIDAYS!!  
HIT Bag Training w/ Dan Plummer

### Connect With Us!

Facebook.com/bodyzonesports

Twitter.com/bodyzonecomplex

Instagram.com/bodyzonesports

bodyzonesports.com/headlines

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PROGRAMS AND EVENTS