



MONDAY

SEPTEMBER 4TH, 2023

9 AM—4 PM

Must Pre-Register for the Event!

Regular Guest Fees Apply!



MEMBER APPRECIATION DAY

FREE BBQ and LIVE MUSIC

M.A.D. SCHEDULE

Group Fitness

9 AM: Water Aerobics
9 AM: Zumba
9 AM: Cycle
10 AM: Aqua Zumba

Pilates/BARRE

10:30 AM-3 PM: Demos

Racquetball

9 AM: Adult Doubles
1 PM: Balloon Challenge
2 PM: Orientation

Tennis

10 AM: Doubles Social
11 AM: Clinics

Pickleball

9:00 AM: "Skinny" Singles
9:45 AM: Skills Competition
10:30 AM: Doubles Tourney
1 PM: Pickleball Poker

Personal Training

9 AM-4 PM: Fitness Challenge

Kids' Programs

9 AM-4 PM: Room Hours
10 AM-2 PM: Bounce House
11 AM-1 PM: Face Painting
11 AM-1 PM: Balloon Artists

Raffle to Win Great Prizes

*Three-Month Free Dues
Personal Training Discounts
Pilates Reformer Discounts
and more....*