



march

wellness & fitness center



Open House Saturday, March 6

Event	Time	Location
Cholesterol Screening	10am-2pm	Fitness Floor
Chair Massage	10am-2pm	Balcony
Dip & Sauce Demo	10am-2pm	Lobby
Acupuncture	10am-2pm	Balcony
Chinese Brush Painting	11am-12pm	Spa lobby
Metabolic Makeover	12pm	Studio A
Zumba Class	1pm	Studio A
Fitness Bingo	All day	Fitness Desk

Bring a Friend (members may bring one guest free)
Stop by and enter to win prizes or enjoy a tasty snack.

Events are subject to change