



Celebrate ClubWorx's 8th Anniversary with Member Appreciation Week June 1st - 6th

Monday

10:30-11 AM

Nutrition Seminar: Mythbusters

Join us poolside for an information session that will unlock the truth about what you are and are not supposed to eat!



5-8 PM

Family Fun Night with the Trainers

Join our trainers for a night of fun in the gymnasium & around the club as they showcase their specialties. Kids are welcome to join in! We'll top off the night with lots of games & a family free throw contest! (Donations taken for the Susan G. Komen Foundation)

Tuesday

6:30-8:30 PM

Mind, Body & Soul Night & Yoga Intensive Find out what you've been missing during our 2 hour intensive Yoga class, but don't forget to join us earlier in the lobby to pamper yourself!!

Wed.

10:30AM - Noon

Mind, Body & Soul Morning & Pilates Intensive Learn the 5 principles Mr. Pilates wanted you to know during the intensive and then join us in the lobby for some relaxation!

6:30-9:30 PM

Zumba Party!! Always wanted to attend a Zumba social, but could never make it? We're bringing the party to you. Socialize before or after the 7:30pm class with some festive music, food & company!

Thursday

6:00-7 PM

Nutrition Seminar: Mythbusters Join us poolside!



Friday

9:00-11AM

Zumba Party!! Come snack & socialize in the lobby before and after Zumba class.

Saturday

9:00-11AM

Aerobathon We'll start the big day off right with a 90 minute workout that will showcase our most popular classes. Then grab a friend, put on your suits & get ready to hit the pool in the afternoon!

12-4 PM

Carnival at the Pool Enjoy music, food and festivities for children & adults alike! T-shirts to the first 100 members in the door. Free throw contest in gymnasium (Donations taken for Susan G. Komen)



Bring in a guest for free all week long. Donations will be taken to help fight breast cancer with the Susan G. Komen Foundation all week during classes, free clinics & pool party. Look for more information at the front desk or at www.clubworx.net!!