

Membership Appreciation Day

Schedule of Events

Monday, September 5, 2016

10:00A.M. - 4:00P.M.



Pilates

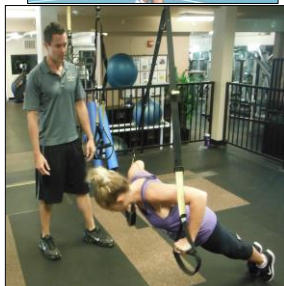
- 9:00 - 2:30pm Reformer Demos *Demos are 25 minutes each*
- 9:30 - 3:00pm Barre Demos *Sign up early, space is limited!*
- Ask about our pricing specials, offered on M.A.D. ONLY!



Tennis

- 10:00 - 10:45pm Quick Start Tennis
- 12:00 - 1:00pm Junior Tennis
- 1:00 - 2:30pm Adult Doubles Shootout
- 12:00 - 1:00pm Pickleball (ct 3)

*****3 Months Free***
Dues Raffle!**



Fitness Training

- 10:00 - 2:00pm 3-D Body comp analysis *(form fitting clothes please)*
- 10:00 - 4:00pm Fitness Assessments

Team Fit Training: Rooftop Tennis Court #1

10:00am, 11:00am, 1:00pm (45 minute sessions)

Cardio Circuit Demos: Downstairs Weight Room

10:00am & 12:00pm (45 minute demos)

BBQ Lunch 12-3

Live Music 12-4



Racquetball

- 9:00 - 10:00am Ladder, Cone, & Agility Challenge (Kids & Adults)
- 10:00am - Noon Adult Doubles Challenge- *all courts*
- Noon - 1:00pm Find the Racquet (Kids & Adults)
- 1:00 - 2:30pm Kids/Adults Doubles Round Robin- *all courts*
- 2:30 - 4:00pm Racquetball Orientation (Adults)
- Discounted rates on Racquetball Lessons, available on M.A.D. only!

**Live cover band:
"Gotcha Covered"**



Kids Activities

- 11:00 - 12:00pm Kid's Party Time!
- 12:00 - 3:00pm Moon Jumps
- 1:00 - 3:00pm Face Painting
- 1:00 - 3:00pm Balloon Artist

**Kidz Klub
&
Babysitting
10am - 3:30pm**



Group Fitness

- 10:00 - 11:00am Zumba!
- 10:00 - 11:00am Water Aerobics
- 11:00 - 12:00pm Aqua Zumba!
- 11:00 - 12:00pm RIPPED

**Guests registered by
8/29 are no charge!
\$15 per guest after 8/29**



Aquatics

- Info booth: Lessons, Stroke & Turn, Swim Demos
- Discounts on M.A.D. only!!
- Lifeguards on duty 10am to 4pm

**Member Referral Credit:
\$100.00 per referral!**

****Sign Ups at the Front Desk****