

OPEN HOUSE

Friday, September 27

12-12:45 pm **Upper Body Circuit** w/Osiel
Functional Fitness

Saturday, September 28

10-10:45 am **Family H.I.I.T.** w/Angelo — South Gym

11-11:45 am **Bench Press Basics** w/Osiel — Rack Room

12-12:45 pm **Kickbox Fit** w/Noel — Aerobics Studio

Sunday, September 29

9-10 am **Intro to Pickleball: Learn Rules & Serve***
w/Tyler — North & South Gym

10-10:45 am **Back Strength** w/Daniel — Rack Room

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10:15-11:30 am **Pickleball Skills: Get to the Kitchen & Cook!***
w/Tyler — North & South Gym

11-11:45 am **Shoulder Press** w/Daniel — Rack Room

2:30-3:15 pm **Deadlift** w/Lulu — Functional Fitness

2:30-3:30 pm **Open Rec Swim** — Grace's Pool

A special offer for families (w/children ages 6 mos+), teens, and adults to use our warm water pool (86 degrees) for recreational use.

Maximum of 4:1 Child:Adult ratio enforced at all times. Children between 6 mos-6 yrs are required to be in arms' reach of a parent/guardian in the water at all times. Children between 6 mos-12 yrs are required to be actively supervised by a caregiver in water at all times. Children who have passed the swim test do not have to have a parent in the water with them but must actively supervised by a caregiver in pool area at all times. Only Coast Guard approved flotation devices are permitted. Children not potty trained are required to wear swim diapers. Capacity of 30 people will be enforced. If pool is full, newcomers will be asked to wait until space becomes available to enter.

3:30-4:15 pm **Cross Training** w/Lulu — Functional Fitness

***Registration required.** Open to members and community members.
Registration for Pickleball Clinics OPENS Mon, Sept 16.