

JANUARY MEMBER EVENTS



ATTEND TO WIN!
Attend our workshop classes this month for a chance to win a pair of Apple Air Pods 3rd Generation! You'll receive one raffle ticket for each class you attend.

MEMBER MONDAY
We love to treat our members! Enjoy complimentary drinks and healthy snacks in the Lobby every Monday.

WOMEN WITH WEIGHTS - LIMITED SPACE!
Want to learn how to lift weights or feel comfortable in the weight room? This beginner's class teaches you about total body strength training with free weights and machines.
***Sign-up required, opens 12/27 at Fitness Desk.
Instructor: Lindsay Erikson*

BRING A FRIEND FRIDAY
Working out is better with a friend! Every Friday this month, we invite you to bring one complimentary guest with you to Champions Club.

WEEKEND WORKSHOPS
This series will teach you how to properly establish goals, understand the key components of an effective workout plan, and how to choose the best exercises for your fitness journey.
Instructor: Leslie Jones, CPT

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 START YOUR YEAR REFRESHED! Hydration Station 9:00am-12:00pm <i>in the Lobby</i>
2	3 Member Monday 3:00-6:00pm <i>in the Lobby</i>	4	5 Women with Weights 6:00pm <i>in Elite Studio</i>	6 Lil' Champs Theme Day: Snow Day	7 Bring a Friend Friday	8 Workshop: S.M.A.R.T. Goal Setting 9:00am <i>in Hall of Fame 2-3</i>
9	10 Member Monday 12:00-3:00pm <i>in the Lobby</i>	11 Lil' Champs Theme Day: Backwards Clothes	12 Women with Weights 6:00pm <i>in Elite Studio</i>	13	14 Bring a Friend Friday Kids Night Out 4:30-8:30pm	15 Workshop: Planning & Programming 9:00am <i>in Hall of Fame 2-3</i>
16	17 Member Monday 6:00-9:00am <i>in the Lobby</i>	18	19 Women with Weights 6:00pm <i>in Elite Studio</i>	20 Lil' Champs Theme Day: Under the Sea	21 Bring a Friend Friday	22 Workshop: Exercise Selection 1 9:00am <i>in Hall of Fame 2-3</i>
23	24 Member Monday 4:00-7:00pm <i>in the Lobby</i>	25 Lil' Champs Theme Day: Favorite Color	26 Women with Weights 6:00pm <i>in Elite Studio</i>	27	28 Bring a Friend Friday	29 Workshop: Exercise Selection 2 9:00am <i>in Hall of Fame 2-3</i>
30	31 Member Monday 10:00am-1:00pm <i>in the Lobby</i>					