

10 YEARS STRONG

OPEN HOUSE CELEBRATION

WEDNESDAY, OCTOBER 21ST

10:00 AM - 1:00 PM

Complimentary

- Coffee & Lotus Drinks
- Soup & Snacks
- Exercise Bag
- Wellness Vendor Booths

GROUP WORKOUT

12:30 PM

*workout clothing
not required

Register All Month Long to WIN!

- 10 pack: group fitness classes
- 5 pack: group fitness classes
- 8 pack: personal training
- 5 pack: meals

FREE GROUP FITNESS CLASSES

OCTOBER 19 - OCTOBER 23

*EXCLUDES YOGA, SPACE IS LIMITED, REGISTRATION REQUIRED