

# Winter Fitness Festival Calendar

Fun, Challenging, & Educational!

March 1st - 13th, 2010

MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> Berg Balance Testing* 9am - 12pm Front Desk	<b>2</b> Women Test Your Strength 8:00 - 9:00am Front Desk	<b>3</b> "Fall Prevention" Lecture 11:00am - 12:00pm Members Lounge	<b>4</b> Presidential Physical Fitness Testing 9:00am - 12:00pm Front Desk	<b>5</b>  Yin Yoga 9:05 - 10:05am Studio 2	<b>6</b> Intro to Step 8:00 - 8:45am Studio 1	<b>7</b> Intro to Step 8:15 - 9:00am Studio 2
5 Point Movement Assessment 9:30 - 10:30am Front Desk	B.E.I. Testing* 8:30 - 10:30am Front Desk	Spin Clinic 6:15 - 6:30pm Spin Studio	B.E.I. Testing* 9:00 - 11:00am Front Desk	Dancing on Broadway 10:05 - 11:05am Gymnasium	Zumba Party! 9:05 - 10:05am Gymnasium	March Madness Spin* 9:05 - 10:30am Spin Studio
Spin Clinic 5:00 - 5:25pm Spin Studio	Men Test Your Strength 9:00 - 10:00am Front Desk		"De-stress & Nurture" Lecture 11:00am - 12:00pm Members Lounge	Yoga Flow 10:10 - 11:10am Studio 2	Sneak Peak Group Centergy 10:15 - 11:15am Special Invite ONLY! Studio 2	Spin Clinic 3:30 - 4:00pm Spin Studio
Berg Balance Testing* 5:00 - 6:00pm Front Desk	Group Power Clinic 10:15 - 11:15am Fitness Floor		Spin Clinic 5:00 - 5:25pm Spin Studio	Group Power Clinic 5:00 - 5:25pm Studio 1	Army Physical Fitness Test 11:00am - 2:00pm Front Desk	
Principles of Pilates 5:30 - 6:00pm Studio 2	"Get Out of that Slump" Lecture 11:00am Members Lounge		Presidential Physical Fitness Testing 5:00 - 7:00pm Front Desk	Urban Strip Tease 6:45 - 7:45pm Studio 2		
Clinic & "Mini" Ride 6:30 - 7:15pm Spin Studio	Body Fat Caliper Calculations 6:00 - 8:00pm Front Desk					
Gait Analysis* 7:00 - 9:00pm Front Desk	Power Flow Yoga 7:00 - 8:00pm Studio 1					
<b>8</b> Group Power Clinic 8:30 - 8:55am Studio 1	<b>9</b> B.E.I. Testing* 8:30 - 10:30am Front Desk	<b>10</b> Let's Go Tubing 10:05 - 10:55am Studio 2	<b>11</b> Presidential Physical Fitness Testing 9:00am - 12:00pm Front Desk	<b>12</b>	<b>13</b>  GROUP CENTERGY LAUNCH CLASS 8:00 - 9:00am or 9:05 - 10:05am Studio 2	<b>14</b> BOSU Blast 8:15 - 9:00am Studio 2
Berg Balance Testing* 9am - 12pm Front Desk	Spin Clinic 8:45 - 9:10am Spin Studio	"Nutrition Through the Years" Lecture 11:00am - 12:00pm Members Lounge	"Brain Games" Lecture 1:00 - 2:00pm Members Lounge	Spin Clinic 10:00 - 10:25am Spin Studio	March Madness Spin Part II* 9:05 - 10:30am Spin Studio	
Visiting Nurses Association Health Screening 10:00am - 12:00pm Members Lounge	5 Point Movement Assessment 9:30 - 11:30am Front Desk	Group Power Clinic 4:00 - 4:20pm Studio 1	Group Kick Clinic 4:15 - 4:40pm Studio 1	Dancing on Broadway 10:05 - 11:05am Gymnasium	"Prepare for your Best Golf Game Ever!" Lecture 10:00am - 11:00pm Members Lounge	
5 Point Movement Assessment 1:00 - 2:30pm Front Desk	Group Power Clinic 10:15 - 11:15am Fitness Floor	B.E.I. Testing* 6:00 - 8:00pm Front Desk	Spin Clinic 5:00 - 5:25pm Spin Studio	Group Kick Clinic 10:30 - 11:00am Fitness Floor	US Marine Corps Fitness Test 11:00am - 2:00pm Front Desk	
Double Step 4:30 - 5:15pm Gymnasium	Heart Rate Recovery Test 6:00 - 8:00pm Front Desk	Spin Clinic 6:15 - 6:30pm Spin Studio	Presidential Physical Fitness Testing 5:00 - 7:00pm Front Desk	Happy Hour Spin* 4:45 - 5:30pm Studio 1		
Spin Clinic 5:00 - 5:25pm Spin Studio	"Tendon Itis or Otis" Lecture 6:30 - 7:30pm Members Lounge	"Detox: What, Why How" Lecture 6:30 - 7:30pm Members Lounge	Combine Training 6:00 - 8:00pm Front Desk	Zumba 6:45 - 7:30pm Studio 1		
Berg Balance Testing* 5:00 - 6:00pm Front Desk	Intro to Yoga 6:45 - 7:00pm Studio 1		"Top 5 Changes to Make in 2010" Lecture 6:30 - 7:30pm Members Lounge			
Principles of Pilates 5:30 - 6:00pm Studio 2	Yoga for Skeptics 7:00 - 8:00pm Studio 1					
Clinic & "Mini" Ride 6:30 - 7:15pm Spin Studio						

Events Throughout the Week!

Climb the Empire State Building!

See a Personal Trainer for more information!

Expresso 100-mile Bike Race!

SPECIAL EVENTS

LEGEND

Fitness Floor Event / Clinic

Group Fitness Event

**COURT HOUSE PLUS**  
Fitness & Wellness Center

\*Sign-up required.  
See back for descriptions and sign-up dates.