

Special Open House Week May 29th – June 2nd

Wednesday May 29th National Senior Health and Fitness Day

All Day Open House For all guest 50+ years old.

Wednesday Highlights

8:00am - 8:45am Arthritis Plus (*Training Pool*)

9:00am - 9:45am Pumping H2O (*Lap Pool*)

9:30am - 10:25am Yoga

9:30am – 12:30pm Pickleball

10:30am - 11:00am Tai Chi

11:00am – 11:45 Training for a Lifetime of Strength (*Circuit Room*): Join Nicole's workshop where she guides you through the benefits of strength training. Learn proper techniques and the importance of lifting weights tailored specifically to the needs and abilities as you age. Discover a new path to improved health, mobility, and independence, empowering you to live life to the fullest!

12:30pm – 1:15pm Pickleball Primer! (*Gymnasium*): Dive into this workshop designed for beginners! Discover the ins and outs of the game: from basic rules and scoring to essential tips for a smashing start.



Thursday May 30th Member Appreciation Day

Free Guests with Member – All members ages 18 and over can bring up to 4 guests with them today. *Show Your Friends and Family Your Favorite Parts of the Club.*

No Upgrade Fees All Weekend Long - Encourage Your Family to Be Active with You at Health Unlimited!
Special Prize Raffles Just For Coming In!

Friday, May 31st – Sunday June 2nd

All Day Open House – No Guest Fees. Children Under 18 must be accompanied by an adult.

Friday, May 31st

8:30am – 12:30pm Kids' Club (No Kids' Club Fees!)**

9:00am – 9:30am **Beyond Crunches: Let's Define Your Core**: In this workshop, we'll delve into what truly defines your "core" and go beyond traditional crunches to discover other effective exercises to target and strength this vital area of your body. Learn how and why to ensure you have a strong, balanced midsection.

9:30am – 12:30pm Pickleball (*Gymnasium*)

5:00pm – 6:15pm Zumba Party with Katie (The Yard): Join Katie for an exciting Zumba dance party! Experience high-energy music, exhilarating dance routines, and non-stop fun that will leave you feeling energized and alive.

Group Fitness Highlights

6:00am Cycling Unlimited**

8:15am Sculpt

9:00am Cycling Unlimited**

9:00am Yoga

10:05am Power Sculpt

11:00am Mat Pilates HU

12:00pm Strong and Balanced

6:15pm BodyPump**

Pool Highlights

8:00am Arthritis Plus
(*Training Pool*)

9:00am Deep H2O
(*Lap Pool*)

4:00pm – 7:00pm Open Swim
(*Training Pool*)

Saturday, June 1st Highlights

7:15am Fit Camp

8:00am – 10:00am Adult Open Gym (Basketball)

8:15am and 9:30am Cycling Unlimited **

8:30am Power Sculpt

8:30am – 12:30pm Kids' Club (No Kids' Club Fees!)**

9:45am Line Dancing

9:45am Pumping H2O

10:45am HIIT

12:30pm – 5:00pm Open Swim (Training Pool/Lap Pool)

Sunday, June 2nd Highlights

8:00am – 11:00am Open Pickleball Ball, Ages 16+

8:30am BodyPump**

9:30am Cycling Unlimited**

10:15am Aqua Zumba

10:45am 20/20/20

1:30pm – 5:00pm Open Swim (Training Pool)

**** Denotes Preregistration is Required. Stop By The Front Desk to Reserve Your Spot**



HEALTH
UNLIMITED

OPEN HOUSE

FRIDAY, MAY 31ST –
SUNDAY, JUNE 2ND

- **Free Guests All Weekend!**
- Great Group Fitness Classes to Try.
- Zumba Party in The Yard Friday, May 31st
- Prize Raffles
- Sunday Morning Adult Pickleball
- No Upgrade Fees.

**SHOW YOUR FRIENDS
WHERE YOU PLAY!**

