



ANNUAL

OPEN HOUSE EVENT

NOVEMBER 1 -4

OPEN TO THE PUBLIC, GUEST ARE FREE!

Enjoy complimentary Nutrition Workshop sessions, Group Ex Mixer, \$1.00-Off Hydration Shakes, Massage Therapy specials including complimentary hand reflexology, chair massage and Kansa Wand demonstrations.

Nov. 1-4

ALL DAY FREE CLUB ACCESS TO THE PUBLIC

Nov. 1-4

ALL DAY \$1.00 OFF HYDRATION STATION SHAKES

NOV. 1 6:15PM

Meeting Room

FREE Nutrition Workshop, no registration needed

Nov. 3 8AM-11AM

GROUP EX MIXER BONANZA!

Nov. 3 9:15AM

Meeting Room

FREE Nutrition Workshop, no registration needed

BONUS! OCT 29 -NOV 4 FREE Vinyasa Yoga! see club signage for details



Bring in a guest and get entered in our Weekend Prize Drawing!



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