



IN THE MONTH:

February Hours:

- No change to hours open

1:00 Classes:

- Friday, 17th
- Monday, 20th

Upcoming Events:

- Lucky 5K
 - Saturday, March 25th
 - More information and details to come soon
 - Start training now!



FAVORITE FITNESS FRIDAY 2022 BRACKET

A few weeks back, we began our interactive 2022 Fitness Friday Bracket for you all to participate in! The bracket had all 52 Fitness Friday videos from 2022. After many days of voting, we're currently in the middle of our Sweet 16! Thank you to everyone for participating and voting so far!

Voting takes place on our Instagram stories and is open for 24 hours. So be sure to check our stories daily to vote! Have fun voting for your favorite videos!!

Elite 8 begins Monday!

VALENTINE SPIRIT WEEK

Our Valentine Spirit Week is returning! We'd love it if you joined us in dressing up and having fun ahead of Valentine's Day.

Wednesday - 8th.....Wear Pink
Thursday - 9th.....Wear White
Friday - 10th.....Wear Black
Saturday - 11th.....Ooh, Shiny
Monday - 13th.....Wear Red
Tuesday - 14th.....Hearts & Love

OTHER REMINDERS

- We will continue to ask people, who have not already been in and asked, to confirm if their insurance is active and up-to-date.
- Congratulations to our month of January Google Review winners: Dan K. & Lesley G.!
- Follow our socials to stay up-to-date and connected throughout the month!