



April Special Happenings

MEMBER FITNESS CENTER

TPI TUESDAY: PUSH TO START

Hosted by Ryan Lawless
Tuesday, April 1 • 4pm

This is a group fitness event designed for fitness-focused golfers. The event will kick off with a fun, golf-specific workout and conclude with tracked TPI power tests. Enjoy refreshments and snacks as we come together to support participants.

BALANCE LIKE A PRO

Hosted by Hannah Whistler
Tuesday, April 8 • 2pm

Reduce the risk of falls, challenge yourself and gain new knowledge of exercises you can do today to improve your balance.

\$25.00 for Members • \$30.00 for guests.

INTRO TO YOGA

Hosted by Hannah Whistler
Monday, April 14 • 1pm

Designed for beginners looking to explore the basics of yoga practice. Learn foundational poses, breathing techniques, and relaxation methods to improve flexibility, balance, and overall well-being. Perfect for anyone seeking to enhance their mind-body connection in a welcoming and supportive environment.

\$18.00 for Members • \$24.00 for guests.

END OF SEASON FITNESS AWARDS

Thursday, April 10 • 4:30pm

Join us at Member Fitness for an end-of-the-season celebration and awards ceremony. Awards will be given across several categories, including Club Fitness Champions. Complimentary drinks and hors d'oeuvres will be served. All members are invited to attend.

LIFEBREATH

Hosted by Beth Bielat
Monday, April 14 • 3pm

LifeBreath is a high level, transformational tool that uses "breath" to assist people in their physical, mental and spiritual journey.

\$52.80 for Members and guests.

FLOATING SOUND BATH

Hosted by Elisabet Stadelman
Thursday, April 17 • 6pm

Experience total relaxation by enjoying a sound bath session while floating in the water under the open sky.

\$70.00 for Members • \$75.00 for guests.

MOBILITY FOR BEGINNERS

Hosted by Hannah Whistler
Tuesday, April 22 • 2pm

This introductory workshop is designed to improve mobility, joint health, and overall movement quality. Learn essential stretching techniques, and functional movements to help reduce stiffness, prevent injuries, and enhance performance in daily activities or workouts. Perfect for all fitness levels

\$18.00 for Members • \$24.00 for guests.

VINYASA EARTH DAY FLOW

Hosted by Moorey-Margaret Myers
Wednesday, April 23 • 10am

Celebrate Earth Day with a mindful and rejuvenating yoga practice. This special class will guide you through a vinyasa flow inspired by the natural world. Cultivate a deeper connection with the earth and within yourself.

\$18.00 for Members • \$24.00 for guests.

INTRO TO MEDITATION

Hosted by Hannah Whistler
Monday, April 28 • 1pm

Discover the basics of meditation in this beginner-friendly workshop designed to help you find calm and clarity. Learn simple techniques to relax your mind, focus your breath, and cultivate mindfulness in everyday life.

\$18.00 for Members • \$24.00 for guests.



FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820