



April Special Happenings

MEMBER FITNESS CENTER

SOUND BATH HEALING

Hosted by Elisabet Stadelman
Thursday, April 2 · 5pm
Yoga Room

A relaxing practice that regulate harmoniously our energy change to the spring rebirth life.

\$65.00 for Members • \$75.00 for guests

LIFEBREATH

Hosted by Beth Bielat
Monday, April 6 · 4pm
Yoga Room

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.

ROCK AND ROLL SHAKTI YOGA

Hosted by Hannah Whistler
Tuesday, April 7 · 8am
Yoga Room

Rock the stress away with a little namaste. Join yoga specialist Hannah Whistler for this fun blast from the past vinyasa flow that will help the good times roll through our souls. Moderately paced flow with deep core and balance work incorporated.

Regular aerobic class pricing applies.

FLOATING SOUND BATH

Hosted by Elisabet Stadelman
Wednesday, April 8 · 6:30pm
MFC Pool

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

\$75.00 for Members • \$85.00 for guests

MEMBER OF THE SEASON AWARDS

Thursday, April 9 · 4pm
Fiesta Room

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.

MICROGREENS

Hosted by Beth Bielat
Friday, April 10 · 4pm
Yoga Room

Learn all about the superfood "microgreens". Understand the benefits, how to grow them yourself, and how to use them in your everyday eating plan. We will taste and plant these little powerhouses and you'll leave the workshop with your own mini.

\$30.00 for Members • \$35.00 for guests.

AVIATION DAY

Saturday, April 11 · 8am-12pm
Airport

Take part in this special edition, Top Gun inspired bootcamp, to celebrate Aviation Day.

OXEFIT TUTORIAL

Hosted by Hannah Whistler
Thursday, April 16 · 4pm
Functional Training Room

The Oxefit is a smart gym and training system that provides real-time feedback and in-depth analysis of form and performance to reach fitness goals. Learn to take advantage of all its features.

Complimentary.

STRENGTH AND SOUND

Hosted by Hannah Whistler
Monday, April 20 · 3pm
Fiesta Room

A 1.5-hour workshop that blends movement and mindfulness for a fullbody reset. You'll start with a 45-minute strength-based workout to build power and resilience, followed by a 30-minute immersive sound bath to relax your nervous system and promote deep recovery.

\$30.00 for Members • \$40.00 for guests.

VINYASA EARTH DAY FLOW

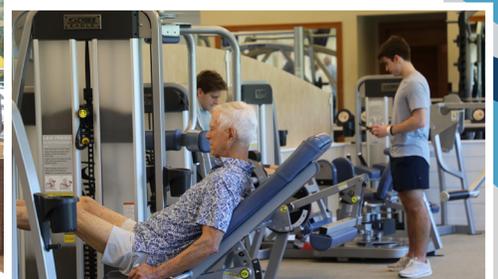
Hosted by Moorey-Margaret Myers
Wednesday, April 22 · 10am
Yoga Room

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.

Regular aerobic class pricing applies



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