

## OPEN HOUSE - BIRTHDAY BASH

Saturday, October 14, 2017

8:00-12:00pm

### LesMills Launch

BodyPump (New Release) - full class 7:00-8:15am	Gym - East	Jamie Hoffmann, Tracy Tallent, Carol Collins
CXWORX (New Release) - full class 8:15- 8:45am	Gym - East	Jamie Hoffmann, Tracy Tallent, Carol Collins

### Mini Session #1

9:00-9:20am	Enhance Fitness Arthritis Class	Fitness Studio 1	Carol Collins
	Insanity	Fitness Studio 2	Tracy Tallent
	Indoor Cycling	Fitness Studio 3	Greg Williams
	BodyPump	Gym - East	Mary Hendron/Kayla Goedken
	Aqua Aerobics ????	Large Pool	Michelle Moody ???
	Youth Sports - Gymnastics	Gym - West	Youth Sports Staff
	Swim Lessons	Large Pool	Swim Lesson Staff
	Swim Lessons	Small Pool	Swim Lesson Staff
	Wellness Orientations	Wellness Center	Wellness Center Staff

### Mini Session #2

9:30-9:50am	Dance Fit	Fitness Studio 1	Ryan Lyles
	Insanity	Fitness Studio 2	Jamie Hoffmann
	Indoor Cycling	Fitness Studio 3	Greg Williams
	BodyPump	Gym - East	Kayla Goedken/Shelby Moser
	Aqua Aerobics ????	Large Pool	Michelle Moody ???
	Youth Sports - Gymnastics	Gym - West	Youth Sports Staff
	Swim Lessons	Large Pool	Swim Lesson Staff
	Swim Lessons	Small Pool	Swim Lesson Staff
	Wellness Orientations	Wellness Center	Wellness Center Staff

### Mini Session #3

10:00-10:20am	Zumba Toning	Fitness Studio 1	Tiffany Beltran
	Strong	Fitness Studio 2	Shelby Moser
	Indoor Cycling	Fitness Studio 3	Kayla Goedken
	BodyPump	Gym - East	Katie Boyer/Mary Hendron
	Youth Sports - Gymnastics	Gym - West	Youth Sports Staff
	Swim Lessons	Large Pool	Swim Lesson Staff
	Swim Lessons	Small Pool	Swim Lesson Staff
	Wellness Orientations	Wellness Center	Wellness Center Staff

### Mini Session #4

10:30-10:50am	Kickboxing	Fitness Studio 1	Pat Hayes
	Zumba	Fitness Studio 2	Tiffany Beltran
	BootCamp	Fitness Studio 3	Christina
	CXWORX	Gym - East	Katie Boyer
	Youth Sports - Gymnastics	Gym - West	Youth Sports Staff
	Swim Lessons	Large Pool	Swim Lesson Staff
	Swim Lessons	Small Pool	Swim Lesson Staff
	Wellness Orientations	Wellness Center	Wellness Center Staff

### Party in the Lobby

8:30-11:30am	Birthday Cakes and Give-A-Ways	All Staff
	Information Table for Community Health Programs	Christina (until 10:00), Casey (after)
	Information Table for Group Exercise	Casey Smith
	Information Table for Personal Training	Personal Trainers?
	Information Table for Youth Sports	Casey Smith
	Information Table for Reach and Rise	Jamie Covell
	Information Table for the Halloween Parade	Desk Staff
	Information Table for Childcare	Childcare Staff
	Information Table for Victim Services Shelter	Tonya Millard
	Information Table for New Building	Tonya Millard