



SEPTEMBER 2011

MONTHLY HAPPENINGS

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>NUTRITION PROMOTION Receive 15% off a box of PB Meal Peanut Butter Macro Bars + see below!</p> <p>VISIT MORE, SAVE MORE AT THE SPA Book a second massage in one month - save 10%. Get 15% off your third.</p>				1	2	3
				<p>Barre Fusion Weekly 12:00pm</p>	<p>Family Group Fitness <i>with Allyson</i> 7:00pm - 7:45pm</p>	<p>Tai Chi Weekly 7:45am</p>
4	5	6	7	8	9	10
<p>-NEW- Aqua Zumba Weekly 10:05am</p>	<p>Pilates Mat Weekly 10:00am</p>	<p>U-Jam Fitness Weekly 7:30pm</p>	<p>Take This, Not That Nutrition Seminar 6:30 - 8:00pm</p> <p>Adult Basketball League Starts 6:00 - 9:00pm Runs thru Nov. 30</p>	<p>Group Power Weekly 6:00am Weekly 10:00am Weekly 4:15pm</p>	<p>Kids Break Dancing <i>with Daniel</i> Weekly 8:00pm - 9:00pm</p>	<p>Kids World Parent's Escape 6:00 - 10:00pm</p>
11	12	13	14	15	16	17
<p>Group Power Weekly 10:00am</p>	<p>Circuit Blast Weekly 12:15pm</p>	<p>Express Boot Camp Weekly 11:15am</p>	<p>-NEW- Strength Endurance Weekly 5:30pm</p>	<p>Express Boot Camp Weekly 11:15am</p>	<p>Family Tennis <i>with Larry</i> 8:00pm - 9:00pm</p>	<p>Super Saturday 9:00am - 12:00pm</p>
18	19	20	21	22	23	24
<p>Studio Cycle Weekly 10:00am</p>	<p>Zumba Weekly 7:30pm</p>	<p>Jukari Fit to Flex Weekly 12:00pm</p>	<p>Family Yoga <i>with Kim</i> Weekly at 6:00pm</p>	<p>Zumba Gold Weekly 5:30pm</p>	<p>Family Swim Time <i>with Instructor</i> 5:30pm - 7:30pm</p>	<p>Sambaerobics Weekly 8:00am</p>
25	26	27	28	29	30	
<p>Yoga Weekly 10:00am</p>	<p>Junior Merchant Showcase 5:30 - 8:30pm</p>	<p>-NEW- Kids Kombo Weekly 5:45pm</p>	<p>Kids Kardio Blast Weekly 4:15pm</p>	<p>U-Jam Fitness Weekly 7:30pm</p>	<p>Belly Dancing Weekly 7:30pm</p>	

September Nutrition Promotion

Receive 15% off your purchase of a box of PB Meal Bars in September. Also, add OmegaVail Orange Cream Smoothie to your order and receive 25% off the combo!

Call 510.226.8500 to learn more about all of our exciting programs!

PROGRAM HIGHLIGHTS

//SEPTEMBER 2011

SPORTS • FITNESS • WELLNESS

ADULT BASKETBALL LEAGUE

Starts Wednesday, September 7 / 6:00 - 9:00pm

'TAKE THIS, NOT THAT' NUTRITION SEMINAR

Wednesday, September 7 / 6:30 - 8:00pm

SUPER SATURDAY: GET BACK TO CLASS

Saturday, September 17 / 9:00am - 12:00pm

DESIGNS FOR HEALTH PROMOTION

PB Meal Peanut Butter Macro Bar - 10% off box
(offer ends September 30, 2011)

FAMILY EVENTS

KIDS WORLD PARENT'S ESCAPE

Saturday, September 10 / 6:00 - 10:00pm

JUNIOR MERCHANT SHOWCASE

Monday, September 26 / 5:30 - 8:30pm

USTA JUNIOR NOVICE TENNIS TOURNAMENT

Saturday & Sunday, October 1 & 2
Register by September 25