MONDAY
NOVEMBER 13
11:00AM – 1:00PM and 4:00PM – 6:00PM: Postcards Home/KIND Bar Sampling
(Outside Lower Level Locker Rooms)

TUESDAY
NOVEMBER 14
ALL DAY: Hangout in the Hammocks (Front Desk)
4:00PM – 6:00PM: Nutritious U
(Outside Lower Level Locker Rooms)

WEDNESDAY
NOVEMBER 15
NOON: Yoga Sculpt and Meditation (Studio)
11:00AM – 1:30PM and 4:00PM – 6:00PM: Hydration Stations
(Outside of the Studio and Lower Level Locker Rooms)

THURSDAY
NOVEMBER 16
5:00PM – 7:00PM: Member Appreciation
(Near Locker Rooms)

FRIDAY
NOVEMBER 17
ALL DAY: Meditation (2nd Floor Lounge)