

# PLEX EVENTS

# JULY 2018

## Tennis in No Time

### Starts the Week of July 14

We turn beginners into players in just 4 weeks. We'll even lend you a racquet, so all you need to get started is a reservation. See TNT flyer for class details. \$69 M / \$99 NM

## Summer Camps

Summer days at the Plex aren't just fun, they're a blast! Join us for a summer full of new adventures and new friends. Here's what coming in July:

### Camp Plexploration (Ages 5-12)

- July 2-6 – Star-Spangled Spectacular
- July 9-13 – Outside Fun
- July 16-20 – Reality Game Show Week
- July 23-27 – Summer Fiesta
- July 30-Aug 3 – Superhero Alliance

### Sports Camps (Ages 5-12)

- July 2-6 – Sports of All Sorts
- July 9-13 – Velocity Tennis
- July 16-20 – Basketball
- July 23-27 – Velocity Tennis
- July 30-Aug 3 – Velocity Tennis

### Preschool Camps (Ages 3-5)

- July 9-13 – Barnyard Palooza
- July 16-20 – Summer Fiesta
- July 30-Aug 3 – Superheroes and Fairytales

## Intensive Swim Lessons

### Now through August

Just in time for summer vacation – we're offering 1-week and 2-week intensive swim lessons. See the Front Desk for details.

## Yoga for Y'All

### Saturday, July 7, 11 am

Find your center through flowing yoga poses and focused breathing designed to improve flexibility and calm the mind. All levels welcome. Guests are FREE!

## Turf Cinema

### Friday, July 13, 5 pm

Grab your family, bring a blanket and join us on the turf for movie night at the Plex! Invite your friends – guests are welcome!

## Women's Restoration Series

### Wednesday, July 18, 5-6 pm

Gentle movement ideal for breast cancer patients and survivors but open to all women looking to improve flexibility and overall wellbeing.

## How To: TRX

### Wednesday, July 18, 7 pm

Join the pros to find out how to get the most out of the TRX and elevate your workout to the next level.

## Boot Camp

### Saturday, July 21, 11 am

It's time to take your workouts to the next level. Invite a friend and join us on the turf for a high intensity boot camp that will get you ready for summer. Guests are welcome!

## Grill and Chill

### Friday, July 27, 5 pm

Invite your friends and join the HealthPlex Tribe for a grill and chill. Enjoy mingling with friends while our staff of grill masters whips up dinner. Guests are welcome!