

PLEX EVENTS

APRIL 2018

Mercy Health Lecture Series

We are excited to partner with the experts at Mercy Health to bring you informative presentations on a variety of topics. Join us for as many as you like – they're complimentary and open to members and non-members. RSVP at the Front Desk.

Back Pain Treatment & Prevention Thursday, April 5, 6-7 pm

Walk-With-A-Doc Wednesday, April 11, 12-1 pm

Diabetes Basics & Beyond Wednesday, April 18, 6-7 pm

The Skinny on Weight Loss Wednesday, April 25, 6-7 pm

Velocity Tennis Pizza and a Movie

Friday, April 6, 6-9 pm

Children ages 6-13 are invited to join us for tennis games and fun with the Pros.
\$10 M / \$15 NM

Supplement Info Session

Monday, April 9, 7-8 pm

Join us for a Q & A session on what kinds of supplements are available and why you should take them. See Julian Bates in Membership for details – jbates@mercy.com.

Save the Elephant Day

Monday, April 16, 8-12 pm & 4-9 pm

Kids are invited to drop into Kidtown today to make a fun elephant craft!

Squat & Deadlift Form Demo

Wednesday, April 18, 6-7 pm

Learn proper squat and deadlift form to help you get the most from these exercises and help prevent injury. See Julian Bates in Membership for details – jbates@mercy.com.

Adult Tennis Mixer

Friday, April 20, 7-10 pm

Join the Pros and the HealthPlex tennis community for round robin tennis, mingling and fun. All levels welcome. \$18 M / NM

Yoga for All Weekend Workshops

Join us for a three-day breakdown of the classic Ashtanga series. A powerful linking of 64 postures combined with full, rhythmic breathing helps purify the body, enhance relaxation and strengthen the nervous system. Per class: \$15 M / \$25 NM;
Weekend Pass: \$35 M / \$45 NM

Friday, April 13, 5:30-6:30 pm

Learn sun salutations along with standing stretches and balance postures.

Saturday, April 14, 2-3 pm

Learn seated postures and inversions.

Sunday, April 15, 11:30-1:30 pm

Learn how to put the whole series together.

Summer Camps

June 4 – August 10

Join us for a summer full of new experiences and new friends. Full and half-day camps available for children ages 5-12.