

PLEX EVENTS

MARCH 2018

Supplement Info Session

Tuesday, March 6, 7-8 pm

Learn more about supplements – what they're for and why you should take them. See Julian Bates in Membership for details.

Robin C Jewelry Show

March 7-10, 2018

Fun, fashion and the hottest winter styles! Look fabulous with a hand-picked array of high fashion jewelry. Plus, 20% of sales benefit the American Heart Association!

Junior Tennis Match Play Event

Friday, March 9, 6-9 pm

Coach Patrick leads this round robin event designed to give middle school and high school players additional competitive play. Guests welcome. \$18 M / NM

H.O.R.S.E Tournament

Tuesday, March 13, 6-8 pm

Let's kick-off March Madness with a high stakes game of HORSE! Winner goes home with prize money and bragging rights! See Chad Lahti in Membership for details. \$10 M / \$15 NM

Healthy Cooking Demonstration

Wednesday, March 14, 11:30 – 1:30 pm

Registered Dietitian, Jan Wagner, demonstrates how easy it is to make healthy meals that taste amazing. Guests welcome. \$10 donation to AHA. See Tiffany Ferrari in Membership for details.

Velocity® Tennis, Pizza & Movie

Friday, March 16, 6-9 pm

Children ages 6-13 are invited to join us for an evening of tennis and fun. Please register by March 14. \$10 M / \$15 NM

Heart Mini Walk/Run

Sunday, March 18

Join our team and help us support the AHA.

- Go to HeartMini.org
- Click Join a Team
- Find Fairfield HealthPlex under Mercy Health
- Pick your team and register!

Yoga for All Weekend Workshops

Join Rebecca Bedel for a weekend of Yoga suitable for all levels. \$10 M / \$15 NM per class or \$25 M / \$35 NM for weekend pass

Friday, March 16, 5:30-6:30 pm

Learn how to cultivate strength, peace and flexibility through Sun Salutations, a staple in yoga practices around the world.

Saturday, March 17, 2-3 pm

A daily Cat Stretch can help keep you flexible and fit. Learn how to use this practice first thing in the morning or after long-periods of sitting.

Sunday, March 18, 11:30-12:30 pm

Learn a standing pose flow that, once you master the sequence, can be customized to suit your individual needs.

Adult Tennis Mixer

Friday, March 23, 7-10 pm

Join the Tennis Pros for round robin tennis and mingling. All levels are welcome. Please register by March 21. \$18 M / NM

Squat, Deadlift Form Demo

Saturday, March 24, 11-12 pm

Learn proper squat and deadlift form and injury prevention. See Julian Bates in Membership for details.

Easter Camps

Friday, March 30

Basketball (Grade 3-8): 9-11:30 am

Tennis (Ages 6-13): 12-3 pm

School's out! Join us at the Plex to fine-tune your athletic skills in one of our sports camps! See the Front Desk for details.

Kidtown Play Day

Saturday, March 31, 11:30 am-2 pm

Kids are invited to enjoy 30-minute demos of our most popular programs and pizza for lunch. Participate in at least 3 demos for a chance to win a free Summer Camp!