

August 2017

Special Events at the Plex



Tennis

Fall Programs begin Wed. August 16th!

Registration for all fall programming has begun and classes will start Wednesday August 16. Pick up an application in the Tennis department or front desk to register for your favorite class!

Velocity® Tennis Pizza and a Movie

Friday, August 11th, 6-9pm

Join us for Velocity® Pizza & Movie night with an evening of tennis games on Red, Orange, Green and Yellow, followed by pizza & a movie. Ages 6-13. Cost: \$10M, \$15NM

Adult Tennis Mixer- *US OPEN PARTY*

Friday, August 25th, 7-10pm

DID YOU KNOW? That for just \$18 you can participate in a soiree of round robin tennis, devour gourmet selections prepared by our own "Chef" Frederic of France, and enjoy fine wine and other beverages, including the *U.S. Opens* signature drink the "Honey Deuce"? Remember space is limited and participants must register at the service desk 682-1212. All levels welcome. Cost/Player: \$18 M

New Adult Instructional Pathway

SNEAK PREVIEW- Tennis has always had a system of ratings to determine level of play and classes assignment, the HealthPlex has now adopted the best system for Adult players to improve their game. Our new patented system allows students to better understand the skills needed to improve and how to obtain the next level of play. Each class will have an area of focus and each level will have a broad theme to tackle. Sign up for your favorite Adult Instructional class and feel the difference of learning at the HealthPlex.

Spa

Massage Discount!

Week of August 14th- August 18th

Download our Netpulse Mercy Health Fitness App for a discount on a single session 1 hour massage.

Fitness

West Coast Swing Workshop

Friday, August 18th & 25th, 7:00pm -8:00pm

Learn how to improve your dancing through the use of the 3 T's: Timing (rhythm & tempo), Technique & Teamwork along with some styling & play ideas too! There will be something for all levels of dancer. Basic WCS knowledge required. Geared toward the advanced beginner to intermediate/advanced level. No partner necessary. Cost: \$20 M/ \$25 NM (includes both Friday's along with complimentary Tea, Biscuits, & Fruit).

Aerial Yoga

Friday, August 18th, 5:30pm -7:30pm

Uplift your yoga practice in this aerial Yoga workshop. With the use of silk ropes attached to the TRX they will assist you in standing balances, stretches, and inversions. This workshop will also help you become aware of your inner and outer strength. Cost: \$12 M, \$15 N/M

Yoga Hoop

Sunday, August 20th, 2:00pm-3:00pm

Yoga combined with the Hula Hoop has arrived here at our Fairfield HealthPlex! Combining the hoop with Yoga poses adds balance, extends stretches and helps rotate the torso, creating body awareness in a playful new form of exercise. Limited Space available, must reserve a Hoop, unless you have one. Cost: \$12 M, \$15 NM