

# June 2017

## Special Events at the Plex



### Tennis

#### Tennis in No Time (TNT®) Is BACK!

1<sup>st</sup> Session Begins June 7th

"Have you told your friends?" That's right TNT®, is about to start. Share your love of tennis with a friend and have them learn to play in our patented beginner tennis program!

#### JDP® Pizza and a Movie

Friday, June 23<sup>rd</sup>, 6-9pm

Join us for JDP® Pizza & Movie night with an evening of tennis games on 60' courts followed by pizza & a movie. Ages 6-11. Free for JDP® students (or \$10M, \$15NM)

#### Adult Tennis Mixer

Friday, June 30, 7-10pm

Join the Tennis Staff for great opportunity to play tennis and socialize with friends. All levels welcome. Cost/Player: \$16 M

#### GCITA Fall Teams Now Forming

##### ALL LEVELS NOW OFFERED

Teams for GCITA Fall 2017 season must be submitted by July 17<sup>th</sup>. Captains are being secured and teams are already forming! We now offer all levels of play (3.0-5.0 men, women, seniors). Represent HealthPlex Tennis by competing on our GCITA teams!

### Social

#### Healthy Cooking Demonstration

Monday, June 19<sup>th</sup>, 10am-12pm

Join PEACHY SEIDEN, a Licensed and Registered Dietitian-Nutritionist for information on weight loss and weight maintenance, health and nutrition and disease prevention. Peachy will be offering a healthy cooking demonstration!

### Kidtown

#### Yo! Program (Youth Orientation)

Saturday, June 17<sup>th</sup>, 10:30am-12:00pm

Join us the third Saturday of every month for Youth Orientation. This program is designed for ages 13-16 to learn how to safely and effectively use the machines and equipment on the fitness floor, as well as to learn fitness floor etiquette and have some fun! Cost:\$25 Members. See front desk to register!

### Fitness

#### Cycle and Reform

Saturday, June 10<sup>th</sup>, 9:00-10:00am

Experience this hybrid Pilates Reformer/Cycle class including 30 minutes of each form of activity. Reserve your spot at the front desk! Cost: M \$15; N/M \$20

#### Zumbathon Fundraiser

Saturday, June 17<sup>th</sup>, 10:00-12:00pm

Dance with us to help a family obtain housing in Jamaica! Fun Zumba items will be for raffle, complimentary snacks and free class giveaways! Cost: \$10 Donation Members & Non Members

#### Sunset Yoga

Friday, June 23<sup>rd</sup> 5:30- 7:30pm

Experience the Ashtanga Primary Series as we settle in for an evening of Peace, Pranayama, and Kirtan. Indoor/Outdoor "Yoga for All" Workshop. Cost: \$12 M, \$15 N/M

#### Yoga & Tennis

Saturday, June 24<sup>th</sup>, 10:45-11:45am

Bring your best racquet and ball to this workshop for you will learn how your racquet can assist in Yoga stretches and let your tennis ball roll out the tension in your feet and hands with Myo Fascial Therapy. Cost: M \$12; N/M \$15

#### Weekend Warrior

Saturday, June 24<sup>th</sup>, 11am-12pm

Want a hard core, butt kicking workout, without the commitment of an entire program?! Join us for boot camp on the turf! Work hard, sweat, burn calories, and have fun! Cost: M \$13; N/M \$25

### Aquatics

#### World's Largest Swim Lesson

Thursday, June 22<sup>nd</sup>, 1:15-1:45pm

The **World's Largest Swimming Lesson™** builds awareness of the vital importance of teaching kids to swim to help prevent drowning. Local WLSL events will take place at hundreds of locations in more than 20 countries on 5 continents in 24 hours! Come join us and be a part of making history!!