

DECEMBER at The Plex

Social

December Split the Pot

Feeling lucky? Stop by the Front Desk and enter our Split the Pot. All proceeds go to the American Heart Association. The drawing is Friday, Dec. 22 – you won't need to be present to win, although you may want to be so you have instant cash in hand for Holiday shopping!

Tennis

Adult Tennis Mixer

Friday, December 8, 7-10 pm

Join the Tennis Pros for round robin tennis at our next Adult Mixer. All levels welcome. Cost: \$18 M & NM

Velocity® Tennis Pizza and a Movie

Friday, December 15, 6-9 pm

Join us for an evening of tennis, pizza and a movie. Ages 6-13. Cost: \$10 M, \$15 NM

HolidayTennis Camps

December 27, 27, 28, 29th, 1-4pm

The holidays give our Jr. players the opportunity to play more tennis while school is out, so we are offering mini camps to get the kids out of the house while you recover from all the festivities. Members are invited to bring friends & family for member price. Cost: \$42M, \$52 NM

Thank you! Private Lesson 20% Off

December 26-30

The Tennis Team would like to thank all of our members for a great 2017 at the HealthPlex. All private and private group tennis lessons are 20% off from December 26 – December 30. Space is limited so call or stop by to book yours today.

Basketball

Holiday Basketball Camps

Wednesday & Thursday, December 27 & 28th 9-12pm

Join Coach Mike for some basketball fun this holiday!

Cost: \$30M \$35NM (one camp)

Cost: \$50M \$60NM (both the Wed. & the Thurs. camp)

Fitness

Pilates Reformer Polar Express Workshop

December 21, 430-530pm

Bring in the Winter Solstice with these specially priced Holiday Reformer workshop created to help loose those Holiday Blues. Guaranteed to release mental and physical tension caused by over indulgence of shopping, eating, and lounging around in one place for too long of a time. Presented by Rebecca Bedel

Cost: \$15.00 M, \$25 per class NM

Women's Health Restoration Series

Wed. December 20th, 5-5:15 Social; 5:15-6pm Class

This restorative class will teach gentle movement, stretching techniques, improve posture, flexibility, blood flow & overall wellbeing. The series focuses on helping breast cancer patients at all stages of survivorship, however is open to all women seeking simple exercises.

High Intensity Small Group Personal Training

NEW! Visit the front desk for schedule

THE FIELD is a brand-new, high intensity training program for those looking for a results-driven workout. Action-packed classes are available at different times of the day. Experience THE FIELD and achieve your goals!

Cost: Members: \$15/class, OR \$95 monthly unlimited

Non-Members: \$25/class.

Complimentary Fitness Assessment Week

December 11-16th

We're offering free fitness assessments to all our valued members! Sign up today to reserve your spot and establish a benchmark from which you can create sophisticated, quantifiable goals and strategy! ~30 minutes per session