



# Celebrate with us!

Join us for grand opening activities for the George Schultz Fitness Center

## Monday, February 4

|             |  |                               |
|-------------|--|-------------------------------|
| 8:45-9:15am | Intro to Cycle w/Nicole                  | Cycle Studio                  |
| 9-10am      | Fitness Center Tours & Demos             | George Schultz Fitness Center |
| 9-11am      | Made to order beverages with Coffee Dave | Main and Lower Lobbies        |
| 6:30-8pm    | Healthy samples from Metrowest Nutrition | Lower Lobby                   |

## Tuesday, February 5

|             |                              |                               |
|-------------|------------------------------|-------------------------------|
| 8-9am       | ELC Rosh Chodesh Celebration | Main Lobby                    |
| 11am-6pm    | Beach Pool Party             | Indoor Pool                   |
| 6:15-6:45pm | Intro to Cycle w/Jeff        | Cycle Studio                  |
| 6:30-7:30pm | Fitness Center Tours & Demos | George Schultz Fitness Center |

## Wednesday, February 6

|              |                                   |                          |
|--------------|-----------------------------------|--------------------------|
| 9-11am       | Group Fitness breakfast gathering | Riemer Goldstein Theater |
| 9am-6pm      | Beach Pool Party                  | Indoor Pool              |
| 11:30am-12pm | Intro to Cycle w/Petra            | Cycle Studio             |
| 4-4:30pm     | ShenaniGANNs Acapella Performance | Main Lobby               |

## Thursday, February 7

|             |                       |                               |
|-------------|-----------------------|-------------------------------|
| 8:30-10am   | Pilates Reformer Demo | George Schultz Fitness Center |
| 3:30-5:30pm | Member Appreciation   | Main Lobby                    |
| 5:30-7pm    | Pilates Reformer Demo | George Schultz Fitness Center |

## Friday, February 8

|               |                                    |              |
|---------------|------------------------------------|--------------|
| 10am          | Community-wide Shabbat Celebration | Main Lobby   |
| 11:15-11:45am | Intro to Cycle w/Stephanie         | Cycle Studio |

## Saturday, February 9

|          |                              |                               |
|----------|------------------------------|-------------------------------|
| 9am-12pm | Arts & Crafts                | Lower Lobby                   |
| 10-11am  | Fitness Center Tours & Demos | George Schultz Fitness Center |

## Sunday, February 10

|           |                  |             |
|-----------|------------------|-------------|
| 9am-12pm  | Arts & Crafts    | Lower Lobby |
| 10am-12pm | Beach Pool Party | Indoor Pool |