



# OPEN HOUSE

Saturday, December 2  
9am-12pm

## Schedule of Events

### TENNIS

9-9:50am . . . . . Cardio Tennis  
10-10:50am . . . . . Cardio Tennis

### PICKLEBALL

9:30-10am . . . . . Pickleball Preview

### GROUP FITNESS

9-9:25am . . . . . Pound Rock (*Andrea*)  
9:30-9:55am . . . . . Tabata (*Maria*)  
10-10:25am . . . . . Cycle (*Laura*)  
10:30-10:55am . . . . . Danamix (*Dan*)

### WELLNESS COACHING

9:30-10:30am . . . . . TRX Demo (*Andrea*)



JOHN B. NORRIS  
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