

YOURCHOICE FITNESS CENTER OPEN HOUSE & GRAND REOPENING

Friday, August 25 11am - 1pm

Stop by and check out:

- Brand new fitness equipment
- Class Demos (*Zumba, Cycle, Tai Chi, Ballet Barre*)
- Off-Site Fitness Vendors
- Fitness Challenges
- Information about upcoming Programs & Fitness Benefits



The YourChoice Fitness Center is provided to all MCG employees and Adult Health Plan members at no cost to you!

For More Information Contact: YourChoice Fitness Center
941.748.4501 x6280 | tlightburne@manateeyourchoice.com

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Schedule of Events

11am - 1pm: Open House

Tours of the Fitness Center

Equipment Demonstrations

Chair Massage

Off-Site Fitness Vendors (Live Training, North River Body Therapies, Powerhouse Row & Go Legs)

11:15am - 12:15pm: Fitness Challenges

Plank Challenge

Pull up Challenge

Male and female categories. Compete against a coworker to earn bragging rights - or test your skills against a fitness expert!

11:30am - 1pm: Class Demos

(Regularly scheduled classes - Core Alignment & Cross Train Max - will not be held this day)

11:30am Zumba W/Sandra

11:55am Ballet Barre w/Kathryn

12:20pm Cycle w/Allison

12:40pm Tai Chi w/Susan

Please wear workout attire if you are going to be participating in Class Demo. Participation is strongly encouraged. Beginners are welcome.