

# IN 'FIT' VACATION

COST: FREE TO ALL SRC MEMBERS

## FEBRUARY 11-15

### Monday:

#### Chocolate Lovers and Heart Health Table

*E-Zone 12-12:30 and 4:30-5 pm*

Come relax with us and get your chocolate fix at the same time! If you LOVE chocolate, you don't want to miss this class!

#### Love the Burn Boot Camp

*MAC court 6-7 pm*

Join us for a fun challenge with the dynamic and functional class to boost your fitness level, whether you are a beginner or in need of breaking a plateau. This 60 minute class will rattle your strength, endurance and flexibility and leave you in peak condition.

### Tuesday: Yoga

*Studio A 8:30-9:30 pm*

Beginners, and those with no previous yoga experience welcome!

### Wednesday: Chocolate Lovers and Heart Health Table

*E-Zone 12-12:30 and 4:30-5 pm*

Come relax with us and get your chocolate fix at the same time! If you LOVE chocolate you don't want to miss this class!

### Thursday: Fun and Flirty Fitness

*Studio B 6:30-7 pm*

Come join us in this non-competitive, fun and relaxed atmosphere for a GIRLS ONLY workout!

### Friday: Healthy Date Winner

Enter a contest to win a free date with your partner! Submit your healthy date ideas to the Pro-Shop February 11-15 for a chance to win!

Join us for a week full of activities to promote self-esteem, physical activity and de-stress!

The week is sure to leave you feeling great all while having fun!

