



HEALTHY HEARTS DAY

MONDAY, FEB 10

7:30-11:00am

4:00-7:30pm

Join us for a Healthy Hearts Wellness Event on Monday, February 10th, where Arena Club members can take advantage of a variety of health screenings provided by University of Maryland/Upper Chesapeake Health. All screenings will take place in the upper level conference room and are complimentary, with the exception of Cholesterol & A1C screenings which will be offered for \$10.

AVAILABLE SCREENINGS:

Blood Pressure Checks

Diabetes & Stroke Risk Assessments

Sleep Disorder Screenings

Body Composition Analysis

Cholesterol & A1C (*\$10 - Please bring cash or check).



Sign up sheets will be available at the fitness desk for specific time slots beginning February 3, however walk-ins are also welcome!



HEALTHY HEARTS, STRONGER LIVES

February Heart Month at The Arena Club



The Arena Club proudly commemorates American Heart Month this February to support the American Heart Association. Join us in activities throughout the month, contribute by scanning the QR code or purchasing a heart at the front desk, and wear red to classes and activities to show your support!

February 1

Les Mills Launch

8:30 am - Les Mills BODYATTACK
9:15 am - Les Mills Strength Development
10:00 am - Les Mills BODYPUMP
10:45 am - Les Mills BODYCOMBAT
11:30 am - Les Mills BODYBALANCE

February 5

Pop Up Class

9:00 am - Tai Chi (Studio 1)

February 7

National Wear Red Day

Cardiovascular disease is the No. 1 killer of women. On Friday, Feb. 7, National Wear Red Day®, let's GO RED together.

Pop Up Class

10:30 am - Les Mills Strength Development (Studio 2)

February 9

Pop Up Class

10:30 am - Les Mills Strength Development (Studio 2)

February 10 - Wellness Event

UM Upper Chesapeake Health Wellness Event

7:00 - 11:00 am & 4:00 - 7:30 pm
(See Reverse Side for Details!)

February 11

Pop Up Class

7:00 pm - Partner Line Dancing (Studio 1)

February 12

Pop Up Classes

10:30 am - Partner Line Dancing (Sport Court)
6:30 pm - Tai Chi (Studio 3)

February 13

Pop Up Class

6:30 pm - Partner Yoga (Studio 3)

February 14

Pop Up Class

9:30 am - Partner Yoga (Studio 3)

donate here

