



ANNIVERSARY WEEK



BETHANY
ATHLETIC CLUB

MONDAY, 5/20

8-9AM **Pilates Demonstration** in the Lobby with Breanna

5-7PM **'90s Themed GX Event** Dive into nostalgia with our 90s themed GX event at 5:00 PM featuring Zumba and Cycle classes. Each class will incorporate "9-themed" reps, sets, and prizes.

WEDNESDAY, 5/22

8-9AM **Burpees Competition** with New Trainers, Roy and Michell.

5-7PM **Family Fitness**

5-6 PM with Zumba (GX studio), Cycle (cycle studio), and Yoga (MB studio).

6-7 PM kids fun circuit on the b-ball court, while parents can enjoy a BodyPump class in the GX studio from 6:15-7:10 PM.

THURSDAY, 5/23

4-6PM **Skills competition** (3-point contest, free throw contest, lay-up contest)

6-7PM **Coed pickup games** (couples welcomed)

FRIDAY, 5/24

4-5:30PM **Free Bouncy House**

5-8PM **Free Date Night** *reservations required*

SATURDAY, 5/25

11AM - 1PM **Anniversary BBQ**