

Medical Fitness Week

Daily Events

<p>Monday</p>	<ul style="list-style-type: none"> • Member Appreciation Day: Come in and receive a free guest pass & coffee/snacks • Free Chair Massages 8:15am-11:15am & 4:30pm-7:00pm • Spirit Day: Sport your team day
<p>Tuesday</p>	<ul style="list-style-type: none"> • Balance Screenings 8:00am-10:00am • Spirit Day: Christmas In May Day
<p>Wednesday</p>	<ul style="list-style-type: none"> • Mobility Workshop w/ Taylor 11:30am-12:30pm • Spirit Day: Crazy Day (hair, hat, clothes)
<p>Thursday</p>	<ul style="list-style-type: none"> • Nutrition Corner w/ Katie 9:00am-11:00am • Foot Scan Info w/ Dr. Hextell 6:40pm-7:40pm • Spirit Day: Hawaiian Beach Day
<p>Friday</p>	<ul style="list-style-type: none"> • Blood Pressure Checks 10am-12pm • NASM Squat Assessment 5:00pm-7:00pm • Spirit Day: Disney/Pixar Day
<p>Saturday</p>	<ul style="list-style-type: none"> • MS Walk Boardwalk park (off site) 9am • Spirit Day: Colorado Day
<p>Sunday</p>	<ul style="list-style-type: none"> • Last Day of Walking Challenge!! • Spirit Day: Backwards/Inside Out Day

Complete our Walking Challenge & participate in our Spirit Days to be entered into drawings for prizes!

Don't forget to turn in this gamebook by May 17th!