



“Where Fitness Lives”

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www.clubenergize.net

Happy Thanksgiving from the Staff of Club Energize!

Club Energize will be open Thanksgiving Day!
Come Workout, before
you pig out!

Special Turkey Day Classes include:

Cycling 8:15AM

Power Pump 8:30AM

Zumba 9:35AM

Abs Express 9:30AM

AND Boot Camp, 9:30AM!



Tell Your Friends!
Now is a great time to join Club Energize!
No Joining fees,
No obligation!
Same great Club, new low price.
Remember, refer a friend and receive \$25 on your juice account!

**Congratulations to our November Member of
the Month,
Megan Borchert!**

*Club Energize is excited about our
November and December Group Exercise schedule!*

We have added a
Tai Chi Class
Wednesdays
6:05 to 6:50 PM
AND
Metabolic Body Burn
Monday's
12:10 - 12:55 PM
Tuesdays
5:30 - 6:15 PM

Do your work-out clothes remind you of 1993?...
Do your shoes smell like they belong in the dumpster?
Time to Exercise Your Savings!
Head to Universal Athletics with your Club Energize card and
receive 10% off your purchase.
To see all the businesses participating in our
Exercise Your Savings program, visit our Front Desk today!

Do you find it hard to stay on track with your
exercise and healthy eating habits over the holidays?
Join our HOLIDAY CHALLENGE with Trainers Therese and Sunni.
For only \$25 you can participate in this 6 week program
and get the benefits of:

- * **weekly weigh -ins**
- * **2 optional Holiday Challenge classes each week**
- * **Helpful and supportive feedback**
- * **A trainer at your finger tips to answer your questions**
- * **The chance to win 20% of the fees raised from the program!**

Join in our Spotlight Class of the Month,
Metabolic Body Burn!

Club Hours: Mon-Thu 5am-10pm | Fri 5am-9pm | Sat 7am-7pm | Sun 9am-5pm

To remove your name from our mailing list, please [click here](#).