



**Activities
all Week**

May 3rd - 8th

Take Back Your Health

Feel Better. Look Better. Live Better.

Clubs nationwide are opening their doors for one week as part of **Get Active America!**, an initiative to help Americans take back their health through regular exercise!

Monday May 3rd

8:00 am - 3k walk
9:00 am - Energize breakfast

Tuesday May 4th

1:00 pm - Spa Demonstrations
6:00 pm - Tennis Stroke Video Clinic

Wednesday May 5th

Noon - "Fitness tip" Lunch

Thursday, May 6th

Kid's Get Fit Revolution!
4:00 pm - ABC Class; Bootcamp
Nutrition; Fun Facts

Friday, May 7th

Noon - MVH Partner Walk & Lunch
6:00 pm - FREE Tennis Clinic

Saturday, May 8th

OPEN HOUSE

(including special exhibitions)

11:00 am - Martial Arts
11:30 am - QuickStart Tennis
12:00 pm - ZUMBA!