

# REVIVE WELLNESS GRAND OPENING & OPEN HOUSE WEEK

## APRIL 10 - 14, 2017

MONDAY GRAND OPENING	TUESDAY LADIES DAY	WEDNESDAY BODY & BEAUTY	THURSDAY TASTES GOOD THURSDAY	FRIDAY FAMILY DAY
<ul style="list-style-type: none"> <li>• 12pm - Introduction and Welcome from our founder Dr. Meghani</li> <li>• Grand Opening and VIP Ribbon Cutting Ceremony</li> <li>• VO2 Max Testing &amp; Resting Metabolic Rate Testing Demos</li> <li>• Refreshments Provided</li> <li>• Meet Simon our Therapy Puppy in Training</li> </ul>	<ul style="list-style-type: none"> <li>• 5:15 &amp; 6:15 Wake Up and work out - Cycling</li> <li>• Special Offers and Incentives for Ladies</li> <li>• 1 pm Mini-Lecture "Dealing with Postpartum Depression"</li> <li>• 6:30 pm Spectrum Care Mini-Lecture: "How to Understand your Child's Behavior"</li> <li>• 5pm Mocktail Hour with SculpSure Demo</li> </ul>	<ul style="list-style-type: none"> <li>• Buy 2 60 Minute Personal Training Sessions and Get One Free</li> <li>• 20% off Group Class Pass</li> <li>• 20% off Any Laser Spa Service</li> <li>• VO2 Max Testing &amp; Resting Metabolic Rate Testing Demos</li> </ul>	<ul style="list-style-type: none"> <li>• 12:15 pm Cooking Class Demo*</li> <li>• Samples of our homemade healthy dishes all day</li> <li>• Buy one 60 Minute Nutrition Counseling Session and Get a 30 minute Session for Free</li> <li>• 5:30 pm Cooking Class with "Eating for Fitness" Lecture</li> </ul>	<ul style="list-style-type: none"> <li>• 10am - Spectrum Care Mini-Lecture: "Pros and Cons of Videos Games" (Child Care Available) *</li> <li>• 11am - Preschool Play Class (Age 2-5)</li> <li>• 3pm - Middle/High School Group Class: Fitness for Sports</li> <li>• 4pm - Elementary School Age Group Class: Fun with Fitness</li> <li>• Meet Simon the Puppy</li> </ul>
<ul style="list-style-type: none"> <li>• Class Times*</li> <li>9:30 am Cycling</li> <li>11 am Dance Cardio</li> <li>4:15 pm Yoga</li> <li>5:30 pm X-HIIT</li> </ul>	<ul style="list-style-type: none"> <li>• Class Times*</li> <li>9:30 am X-HIIT</li> <li>9:30 am Dance Cardio</li> <li>12 pm Yoga</li> <li>4:15 pm Cycling</li> </ul>	<ul style="list-style-type: none"> <li>• Class Times*</li> <li>9:30 am X-HIIT</li> <li>10:30 Core Focus</li> <li>12 pm Dance</li> <li>4:30 Cycle and Sculpt</li> <li>5:30 pm Cycle and Sculpt</li> </ul>	<ul style="list-style-type: none"> <li>• Class Times*</li> <li>9:30 am Cycling</li> <li>10:30 am Cycling</li> <li>5:15 X-HIIT</li> </ul>	<ul style="list-style-type: none"> <li>• Class Times*</li> <li>9:30 am X-HIIT</li> <li>12 pm Yoga</li> <li>4:15 Happy Hour Cycling</li> </ul>

**Week Long Events:** All group exercise classes are free!\* Building Tours, Meet Simon our Therapy Puppy in Training! Raffle drawings each day with prizes including: Personal Training Sessions, Nutrition Counseling Session, Cooking Classes, Group Class Pass, Botox Application. For tours please visit anytime between 8am and 6pm \*To reserve a space, please call at least 24 hours in advance, as space is limited

**Meet our Talented Staff:** Exercise Physiologists, Personal Trainers, Registered Dietitian, Certified Laser Technician, Developing Minds and Spectrum Care Team Mental Health Counselors, Psychiatrist, and Psychologist.



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