

MON  
JAN 13

## MONTH LONG MARATHON REGISTRATION KICKOFF!

Keep the momentum going! MLM runs all of February. Earn "miles" for each workout, and a raffle ticket for every time you hit 26 miles! Stop by our info table to learn about the amazing prizes. Registration includes a MLM t-shirt, water bottle and tracking card.

**Early bird registration- \$25 at Front Desk. Great for ages 13-103!**

### 9:00AM INTRO TO YOGA

New to yoga? We welcome you to this great beginners class in the Yoga/Barre Studio for 30 mins.

TUES  
JAN 14

### 12:00PM HALE LUNCH & LEARN

Reserve your lunch with Julie Segel (julies@hfac.com) or bring your own. Our guest speaker will be Megan Melady from the Alzheimer's Association.

### 1:00PM MEET & GREET WITH MASSAGE THERAPIST

HFAC offers great spa services, including a wide range of massages. Meet one of our massage therapists, David Thomasson in the lobby.

### 4:30PM AQUATICS OPEN HOUSE MEET & GREET

Parents and kids, join Aquatics Mgr. Matt Hauge and our top swim instructors for a casual & fun gathering by the indoor pool. Ends at 6:30pm.

WED  
JAN 15

### 5:00PM MEET & GREET WITH ESTHETICIAN

Learn more about our spa services and skin care products from Wellness Professional, Vera Johnson in the lobby until 6:30pm.

THUR  
JAN 16

### 9:00AM MEET & GREET WITH PILATES TRAINER

You get two opportunities today to meet and learn from our Pilates Trainer, Diana Halvorsen. She is offering members an opportunity to learn more about our equipment.

### 4:30PM MEET & GREET FOR TAEKWONDO

Join Moore Martial Arts for an all-ages introduction to Taekwondo with basic class structure and technique for the first hour. 5:30pm is board breaking.

### 5:00PM INTRO TO ROCK WALL CLIMBING

Learn the ups & downs of our Rock Wall at HFAC until 7pm.

### 5:30PM INTRO TO STAGES CYCLE

Learn how to use our Stages Indoor Cycles from our trained instructors for this 30 min lesson.

FRI  
JAN 17

### 5:00PM WINTER DATE NIGHT

Winter Date Night is from 5pm-9pm. To sign up, fill out a registration form at HFAC's Front Desk or in Kid Central. PRICING: \$25 first child, \$20 e/additional for Members (prices increase +\$5 day of event).