

Girls Day Out!

Health & Wellness Day for Teens
(for teenage girls 13 and up)

Saturday, October 17

11:30am - 2:30pm



Bring your girlfriends and join us for a day that is all about you! Start the day with a short Spin class to energize you, then meet up for some healthy snacks and nutrition tips, learn about make up and skin care, stress management and relaxation techniques and wind down with some Yoga!

Take home a gift bag and maybe win a draw prize!



Cost: Members \$15 • Non-Members \$18

Thanks to our sponsor Body Beautiful Spa!