

10th Anniversary Calendar of Events & Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					SPA SPECIAL 3/1 - 3/9	
					<i>First 10 Spa clients of the day receive an anniversary gift. Complimentary Chair Massages</i>	Cycle Endurance Ride 8 - 10 am
3	4	5	6	7	8	9
SPA SPECIAL: 10% OFF any individual facial or waxing treatment. Not valid on packages.						
Fitness Quiz Facts 2nd Floor	Fitness Quiz Facts 2nd Floor	Fitness Quiz Facts 2nd Floor	Fitness Quiz Facts 2nd Floor			AQUATHON 9 - 11 am
10	11	12	13	14	15	16
PERSONAL TRAINING SPECIAL: 10% OFF 5, 10, & 20 personal training packages. Limited one per member or non-member.						
Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor	Nutrition Quiz Facts 2nd Floor
					<i>First 10 Spa clients of the day receive an anniversary gift.</i>	BARRE Ft. 2009 Top Hits 10:20 - 11:20 am
17	18	19	20	21	22	23
SPA SPECIAL: 10% OFF any individual massage or nail service. Not valid on packages.						
LECOM Quiz Facts 2nd Floor	LECOM Quiz Facts 2nd Floor	LECOM Quiz Facts 2nd Floor	LECOM Quiz Facts 2nd Floor Peaceful Pilates 6:30 - 7:30 pm	LECOM Quiz Facts 2nd Floor Expert is In - Colorectal Cancer: Importance of Screening for early detection 6:30 - 7:30 pm	LECOM Quiz Facts 2nd Floor	LECOM Quiz Facts 2nd Floor Pilates Fusion 8 - 9 am
24	25	26	27	28	29	30
PERSONAL TRAINING & MASSAGE SPECIAL: 30-min personal training sessions & (1) 60-min Swedish Massage for \$99!						
Healthy Recipes 2nd Floor	Healthy Recipes 2nd Floor <i>First 10 Spa clients of the day receive an anniversary gift.</i>	Healthy Recipes 2nd Floor Core Strength for Men 6:30 - 7:30 pm	Healthy Recipes 2nd Floor	Healthy Recipes 2nd Floor	Healthy Recipes 2nd Floor	Healthy Recipes 2nd Floor LES MILLS™ Super Saturday 7:30 - 10:20 am
31						

ALL MONTH | Beat the Trainer Challenge

- Each trainer chooses an exercise
- PRIZES (3-prize drawing): Each member will receive a "ticket of completion" in which they will be able to enter into a drawing
- 50% completion = T-shirt, 25% off training or individual Spa services
- 75% completion = T-shirt, Quick Start Package
- 100% completion = T-shirt, Quick Start Package, 25% off individual Spa service, & guest pass for group exercise class

ALL MONTH | 10 Year LECOM Wellness Center Challenge

- 10 Categories of "check-ins"
- PRIZES: 1 random draw from each category participant - \$10 LECOM gift card each
- Overall highest winner - \$50 LECOM gift card

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