



ARENA HEALTH & WELLNESS PROGRAM SCHEDULE

EXCLUSIVELY FOR **ARENA RX & ARENA WEIGHT LOSS** MEMBERS

The Arena Health & Wellness program is designed to help you seamlessly return to a consistent fitness routine. Each session incorporates a variety of training methods, combining strength and cardiovascular exercises for a well-rounded workout. Utilizing both the fitness floor and therapy pool, our expert trainers will support and guide you through each session, ensuring a safe and effective experience.

DAY	TIME	TRAINER	LOCATION
MONDAY	10:45 AM - 11:30 AM	TRISH	FITNESS FLOOR
TUESDAY	12:30 PM - 1:15 PM	MATT	THERAPY POOL
WEDNESDAY	10:45 AM - 11:30 AM	TRISH	FITNESS FLOOR
THURSDAY	12:30 PM - 1:15 PM	MATT	THERAPY POOL

For more information
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For more information about
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serving family, fitness & fun!