



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 | 11:00 AM - 11:45 AM | TRISH | FITNESS FLOOR |
| TUESDAY | 12:30 PM - 1:30 PM | MATT | THERAPY POOL |
| TUESDAY | 4:00 PM - 4:45 PM | MATT | FITNESS FLOOR |
| WEDNESDAY | 11:00 AM - 11:45 AM | TRISH | FITNESS FLOOR |
| THURSDAY | 12:30 PM - 1:15 PM | MATT | THERAPY POOL |
| THURSDAY | 6:00 PM - 6:45 PM | TRISH | FITNESS FLOOR |

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