



ST. JOHN'S FITNESS CENTER- LEBANON

*Door prize drawings all day
Gift Certificates and Gym
Memberships for sale
(they make great stocking
stuffers!)*

OPEN HOUSE

**Wednesday, December 16
11 am – 1 pm and 5 - 7 pm**

Warm up to these **One-Day Promotions:**

- Get \$5.00 off the monthly membership rate
- Get one month FREE with the purchase of a 6 month or 1 year membership

Afternoon Events:

11:00 a.m.-1:00 p.m. Vendors:

- **Pizza Hut** ~ Samples
- **Quizno's** ~ Healthy Food samples
- **Starbucks** ~ Protein Drinks and Coffee samples
- **Transformation 3** ~ Free hand massages
- **Natures Pantry** ~ Free supplement samples
- **St. John's Pharmacy**
- **Dominos**-Samples

Classes for viewing and participation (if space allows)

- Treadmill Winter-vals 11:45 a.m. -12:45 p.m.
- Silver Sneaker Muscular Strength 11:30 a.m. - 12:15 p.m.

Presentations: 12:30-1:00 p.m. (SJH-L Dietary Department will discuss Healthy Holiday Snacks AND smart pre and post workout food choices)

Evening Events:

5:00 p.m. – 7:00 p.m. Vendors: **Djangos:** Healthy Samples

Classes for viewing or participation (if space allows)

- Kickboxing 4-4:45 p.m.
- Ab Lab 4:50-5:10 p.m.
- Spinning 5:15-6:00 p.m.

Presentations: 6:15-6:45 p.m. (St. John's Fitness Center will discuss **Strength Training** for men and women)

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