



FITNESS AND SPA

We are so pleased to start the new season and launch a variety of new and fun services and programs at the Fitness Spa Center. We have an array of new spa services, personal training options, aerobics classes, trunk shows and much more...Our objective is to have the Fitness and Spa Center be the place for all your health and wellness needs.

NEW WELLNESS WORKSHOPS

Meditation
"Partner Yoga"
Tai Chi
Full Moon Yoga
Healthy Heart and Joints



HEALTH FAIR

Monday, November 9

SPA MEMBER GUEST

The Spa invites you to experience many of the new and exciting programs. We are introducing a variety of new spa treatments and back by popular demand is the Member-Guest Spa Day:

Friday, December 11



YOUTH RECREATIONAL ACTIVITIES

The Creek Club has fun, family friendly activities:

Monday, November 23 to Saturday, November 28
Friday, December 18 to Friday, January 1
Monday, February 15 to Friday, February 19
Monday, March 21 to Sunday, March 27
Thursday, April 21 to Saturday, April 23

WELLNESS LECTURE, LUNCH AND LEARN

Monday, January 11
Wednesday, February 10 ?
Wednesday, March 16



SPA TREATMENTS

This season we are featuring organic and natural product selections in massages, facials, nail treatments and body therapies: Myofascial massage, Dermaquest facials, gel / nexgen nail services.

TRUNK SHOWS

Our Trunk Shows will showcase the fashion trends of the season:

Monday, November 9
Monday, November 16
Monday, December 7
Monday, December 21
Monday, January 11
Monday, January 18
Monday, February 15
Monday, February 29
Monday, March 14
Monday, March 28
Monday, April 4
Monday, April 18
Monday, May 2

