

Save these dates- HIGHLIGHTS 3.13.2023

- ✓ **DANCE LESSONS – (See Fliers or Front Desk for Pricing)**
 - Ballroom, & Line dance - 04/04/2023
- ✓ **GEX EVENTS – (See Fliers or Front Desk for Pricing)**
 - Synergy Workshop– Tim & Cristy Coaching Event 03/25/2023
 - 30/30/30 – 8 week – 90 Minute fusion class
 - Kickboxing Workshop – 04/30/2023
 - Yoga Breathing Workshop 06/03/2023
- ✓ **Winter II Swim Lesson/SEALS – Feb 27th-April 8th (FEE) is currently running.**
 - Next session begins April 24th
 - Member Registration begins April 8th
 - Call Cathy 330.896.5007 for questions.
- ✓ **Nufit Seminar (FREE) Virtual event March 28th 6-7:00 p.m.**
 - Topic: Exercise for healthy aging
 - To register: 330.665.8022 | Huscroa@ccf.org
- ✓ **Adult Masters Swimming – Join our practices with workouts from Coach Cathy**
 - Tuesday and Thursday 6:30 to 7:30 p.m. looking for new members- Call Cathy 330.896.5007
- ✓ **Right Fit is BACK! 65+ (FREE)**
 - Mondays and Wednesdays 1-2pm
 - **Available to NON Members**
 - Email hovana@ccf.org or call 330-896-5006
- ✓ **Parents Night Out (FEE) – March 18th 6-11p.m.**
 - Children will enjoy swimming, crafts, games, open gym & a movie
 - See the flier for more details, or call Cathy 330-.896.5007
- ✓ **Get Connected- Join our LifeStyles free App!**
 - Be the first to know about special events, bad weather notifications, delays, Class offerings & more.
 - See the fitness desk to get set up today.
- ✓ **GAME CHANGER – March 29th 6-7:30p FREE for members**
 - Learn how to “Life your Best life!”
 - Sign up at the fitness desk or email hovana@ccf.org
- ✓ **Double, Triple, QUADRUPLE–when your friends join- before 3.31**

Refer a new Individual & receive \$50

Refer a new Couple & receive \$75

Refer a new Family & receive \$100

