



# DECEMBER 2023 FITNESS CALENDAR

RSVP NOW



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> CHAIR MASSAGE 11:00AM - 3:00PM	<b>5</b> CARDIO KICKBOXING 5:30PM	<b>6</b> WELLABLE LUNCH & LEARN 12:30PM	<b>7</b> STRETCH 12:15PM
<b>11</b> THE 601 AC WALK STARRETT TOUR 12:15PM	<b>12</b> CARDIO KICKBOXING 5:30PM	<b>13</b> MEMBER APPRECIATION BITES & TREATS 8AM, 12:30PM & 5:30PM CHAIR MASSAGE 11:00AM - 3:00PM	<b>14</b> STRETCH 12:15PM
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

**CLOSED FOR THE HOLIDAYS**

## CLASS DESCRIPTIONS

### THE 601 AC X WELLABLE PARTNERSHIP FOR Q4

**Cardio Kickboxing** - This cardio kickboxing class works the upper body, lower body, and core while moving to the beat of the music. New combinations are created each week to keep classes fresh and each combination is broken down to be easy to learn, follow, and execute. The class includes a warmup, a series of combinations, and ends with core work and cool down.

**Stretch** - This class will lead participants through a series of gentle movements designed to keep their muscles flexible, strong, and healthy!

\*All classes are 45 minutes

### THE 601 AC WALK STARRETT TOUR

This 30 minute walking tour will take you through different locations of the Starrett building where you'll learn about the building, our tenants, and all the exciting things to come.

### CHAIR MESSAGES WITH LISA APP

Book your massage today and take the first steps towards a happier, healthier, YOU!

### MEMBER APPRECIATION BREAKFAST, LUNCH & AFTER WORK SNACKS

The 601 Athletic Club will host a Member Appreciation Breakfast, Lunch and After Work Snacks as a Thank You to our dedicated members. Lite bites and refreshments will be served.

### LUNCH AND LEARN WORKSHOP TOPIC: NO GYM, NO PROBLEM

This presentation teaches employees how to put together a fitness program outside of the gym. It explains how to structure effective workouts in a home or work environment using inexpensive equipment as well as shares resources for getting the most out of every workout. Lunch will be provided.