
























APRIL 2025		ICE PROGRAMS END	1 <div> SPIN CLASS 5:45AM IN STUDIO NEW HIRE CONDITIONING (STUDIO) 9AM BOOGIE FIT (STUDIO) 4:30PM NEW HIRE CONDITIONING (STUDIO) 5PM FITNESS CHALLENGE BEGINS +5pts </div>	2 <div> LENGTHEN & STRENGTHEN (STUDIO) 3:45PM NEW HIRE CONDITIONING (STUDIO) 9AM NEW HIRE CONDITIONING (STUDIO) 5PM</div>	3 <div> NEW HIRE CONDITIONING (STUDIO) 9AM NEW HIRE CONDITIONING (STUDIO) 5PM</div>	4	5
6	7 GLIMMERS BEGINS (1 Week) + 20pts  Reduce stress by looking for glimmers, which are the opposite of triggers	8 <div> SPIN CLASS 5:45AM IN STUDIO NEW HIRE CONDITIONING (STUDIO) 9AM BOOGIE FIT (STUDIO) 4:30PM NEW HIRE CONDITIONING (STUDIO) 5PM</div>	9 <div> HCMSPL CAPTAINS MTG 3:30PM  LENGTHEN & STRENGTHEN (STUDIO) 3:45PM NEW HIRE CONDITIONING (STUDIO) 9AM NEW HIRE CONDITIONING (STUDIO) 5PM</div>	10 <div> NEW HIRE CONDITIONING (STUDIO) 9AM NEW HIRE CONDITIONING (STUDIO) 5PM  HCMSL CAPTAINS MTG</div>	11 <div> HCMSPL REGISTRATION OPENS + 100pts </div>	12	
13 GLIMMERS END	14 BLOB TAG BEGINS (2 Weeks) + 50pts  Plant 1 vs Plant 2 - who can get the highest number of associates requesting points on the Wellness Hub?  HCMSL REGISTRATION OPENS + 100pts 	15 <div> SPIN CLASS 5:45AM IN STUDIO BOOGIE FIT (STUDIO) 4:30PM</div>	16 <div> LENGTHEN & STRENGTHEN (STUDIO) 3:45PM</div>	17 LIVING WELL CENTRE CLOSED AT 9:30PM	18 LIVING WELL CENTRE CLOSED FOR GOOD FRIDAY	19	
20	21 NEW HIRE ORIENTATION BEGINS – No Arena Access from 6:30AM-3:30PM READY TO RUN BEGINS (3 Weeks) + 200pts  Plant 1 vs Plant 2 - who can get the highest number of associates requesting points on the Wellness Hub?	22 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM <div> SPIN CLASS 5:45AM IN STUDIO BOOGIE FIT (STUDIO) 4:30PM</div>	23 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM <div> LENGTHEN & STRENGTHEN (STUDIO) 3:45PM</div>	24 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM	25 POP-UP BEGINS (3 Days) + 5pts  Surprise! Stay tuned on the 25 th to claim 5 Living Well Points for participating in our pop-up challenge!	26	
27 BLOB TAG ENDS	28 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM	29 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM <div> SPIN CLASS 5:45AM IN STUDIO BOOGIE FIT (STUDIO) 4:30PM</div>	30 NEW HIRE ORIENTATION – No Arena Access from 6:30AM-3:30PM <div> LENGTHEN & STRENGTHEN (STUDIO) 3:45PM</div>				

WELLNESS PROGRAM

RECREATION PROGRAM

FITNESS PROGRAM

FACILITY INFORMATION

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