

MEMBER APPRECIATION WEEK

MAY 15- 21

SCHEDULE OF EVENTS

MON	TUES	WED	THURS	FRI	SAT	SUN
8AM-8PM : KidZone Pirate Themed Craft	8AM-8PM : KidZone Superhero Themed Craft	8AM-8PM : KidZone Animal Themed Craft	8AM-8PM : KidZone Beach Themed Craft	8AM-8PM : KidZone Spring Themed Craft	8AM-5PM : KidZone Animal Themed Craft	8AM-5PM : KidZone Spring Themed Craft
7-8AM : Training Center Adult Recess Heather	7-10AM : Cafe Omelet Station *For Purchase	6-8AM : Lobby Continental Breakfast	6-8AM : Lobby Continental Breakfast	9-10AM : Training Center Adult Recess Christine	9-10AM : Studio A Zumba Amanda Giveaways!	10:30-11:30AM : Ride Center Ultimate 80s Ride Joe P. (costumes encouraged)
9-10AM : Skill Mill Monday Playday** Brandon	8:30-9AM : Gym TRX Beginner Class** Susie	9-10AM : Training Center Adult Recess Mike Murphy	8:30-9:30AM : Studio C Slow Flow** Louisa (All Levels)	9-10AM : Studio B Fluid Friday Pilates Pat	11-12PM : Indoor Pool Aqua Zumba** Gina	
	9:30-10:30AM : Outdoor Playground TRX ** Susie TRX Home Giveaway!	9:30-10:30AM : Ride Center Ripped Ride Kathy C. Giveaways!	9:30-10:30AM : Training Center HEAT Susie	10-11AM : Studio B Meet you at Barre Kathy P. Followed by Recovery Shakes at Juice Bar!		
	11-11:30AM : Fitness Floor Roll & Release*** (15 Minute one-on-one appointment)	11-11:30AM / 12:30-1PM : Fitness Floor Roll & Release*** (15 Minute one-on-one appointment)		10:45-11AM : Fitness Floor Core Clinic*** (limit to 5)	12-3PM : Cafe Feed The Crew Kids meals ½ price with an adult meal purchase	12-3PM : Cafe Feed The Crew Kids meals ½ price with an adult meal purchase
	12:15-1:15PM : Studio B Active Fit Pat	12-2PM : Adult BINGO w/ Lunch** *\$12.00		11:45-12PM : Fitness Floor Core Clinic*** (limit to 5)		
6:30-7:30PM : Gym Monday Mike Madness (HEAT) Mike	4:30-5PM : Fitness Floor Roll & Release*** (15 Minute one-on-one appointment)	4:30-5PM / 6-6:30PM : Fitness Floor Roll & Release*** (15 Minute one-on-one appointment)	7:30-8:30PM : Studio A Women's Self Defense ** Quoc	6-7PM : Studio B Vinyasa Yoga Corrine		
	6-6:30PM : Fitness Floor Roll & Release*** (15 Minute one-on-one appointment)	6-7PM : Studio A POUND ** Maryanne & Kristy Giveaways!				
	7:30-8:30PM : Studio B Candlelight Vinyasa Grace	6:30-7:30PM : Gym Get Ripped Heather Happy Hour to Follow! *cash bar/drink specials				



Online Registration

** Please sign up at the front desk, space is limited

*** Please sign up at the fitness desk

Member Wednesday's at Milagro

- Members SAVE \$20 off any Massage, Facial or Body Treatment
- Men's & Kids Haircuts only \$25
- FREE lip wax with an Eyebrow Wax
- FREE Makeup applications
- *Some restrictions may apply

The Best part of Us is You!



MEMBERS CAN BRING A GUEST FOR FREE
DURING MEMBER APPRECIATION WEEK!

EVENTS ARE COMPLEMENTARY AND OPEN TO ALL ATLANTIC CLUB MEMBERS

* FEE FOR PURCHASE ** COMPLIMENTARY BUT REGISTRATION REQUIRED

MEMBER APPRECIATION WEEK

MONDAY

May 15

8AM-8PM : KidZone
Pirate Themed Craft

7-8AM : Training Center
Adult Recess
Heather

9-10AM : Skill Mill
Monday Playday (limit to 10) **
Brandon

6:30-7:30PM : Gym
Monday Mike Madness (HEAT)
Mike

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FOR FULL LIST OF EVENTS SEE *THE SCHEDULE OF EVENTS ON OUR WEBSITE*

MEMBER APPRECIATION WEEK

TUESDAY

May 16

8AM-8PM : KidZone

Superhero Themed Craft

7-10AM : Cafe

Omelet Station

**For Purchase*

8:30-9AM : Gym

TRX Beginner Class (limit to 10)**

Susie

9:30-10:30AM : Outdoor Playground

TRX (limit to 16) **

Susie

TRX Home Giveaway!

11-11:30AM : Fitness Floor

Roll & Release***

(15 Minute one-on-one appointments)

12:15-1:15PM : Studio B

Active Fit

Pat

4:30-5PM : Fitness Floor

Roll & Release***

(15 Minute one-on-one appointments)

6-6:30PM : Fitness Floor

Roll & Release***

(15 Minute one-on-one appointments)

7:30-8:30PM : Studio B

Candlelight Vinyasa

Grace

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MEMBER APPRECIATION WEEK


WEDNESDAY

May 17

8AM-8PM : KidZone
Animal Themed Craft

6-8AM : Lobby
Continental Breakfast & Coffee

9-10AM : Training Center
Adult Recess
Mike Murphy

9:30-10:30AM : Ride Center
Ripped Ride
Kathy C. 
Giveaways!

10-10:15AM : Fitness Floor
Core Clinic ***
(limit to 5)

11-11:30AM / 12:30-1PM : Fitness Floor
Roll & Release**
(15 Minute one-on-one appointments)

12-2PM :
Adult BINGO w/ Lunch **
*\$12.00

4:30-5PM / 6-6:30PM : Fitness Floor
Roll & Release**
(15 Minute one-on-one appointments)

6-7PM : Studio A
POUND **
Maryanne & Kristy
Giveaways!

6:30-7:30PM : Gym
Get Ripped
Heather
Happy Hour to Follow! *cash bar/ drink specials

Member Wednesday's at Milagro

- Members SAVE \$20 off any Massage, Facial or Body Treatment
- Men's & Kids Haircuts only \$25
- FREE lip wax with an Eyebrow Wax
- FREE Makeup applications

*Some restrictions may apply. Must be a TAC Member to receive these discounts.

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MEMBER APPRECIATION WEEK

THURSDAY

May 18

8AM-8PM : KidZone
Beach Themed Craft

6-8AM : Lobby
Continental Breakfast & Coffee

8:30-9:30AM : Studio C
Slow Flow (limit to 18)**
Louisa
(All Levels)

9:30-10:30AM : Training Center
HEAT
Susie

7:30-8:30PM : Studio A
Women's Self Defense **
Quoc

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MEMBER APPRECIATION WEEK

FRIDAY

May 19

8AM-8PM : KidZone
Spring Themed Craft

9-10AM : Training Center
Adult Recess
Christine

9-10AM : Studio B
Fluid Friday Pilates
Pat

10-10:15AM : Fitness Floor
Core Clinic***
(Limit to 5)

11:45-12PM : Fitness Floor
Core Clinic***
(Limit to 5)

10-11AM : Studio B
Meet you at Barre
Kathy P.
Followed by Recovery Shakes at Juice Bar!

6-7PM : Studio B
Vinyasa Yoga
Corrine

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MEMBER APPRECIATION WEEK

SATURDAY

May 20

8AM-5PM : KidZone
Animal Themed Craft

9-10AM : Studio A
Zumba
Amanda
Giveaways!

11-12PM : Indoor Pool
Aqua Zumba (limit to 30) **
Gina

12-3PM : Cafe
Feed The Crew
Kids meals ½ price with an adult meal purchase

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MEMBER APPRECIATION WEEK

SUNDAY

May 21

8AM-5PM : KidZone
Spring Themed Craft

10:30-11:30AM : Ride Center
Ultimate 80s Ride 🎟
Joe P.
(costumes encouraged)

12-3PM : Cafe
Feed The Crew
Kids meals ½ price with an adult meal purchase

 [Online Registration](#)

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