



Member of the Month

Jaime Harper

We are so proud of Jaime and her results she has achieved through her workouts! Starting in the Better Body Challenge in 2015, Jaime has lost 90lbs by participating in our REV classes. She has implemented healthy eating habits and is continuing to participate in REV to maintain her health and wellness. Jaime, you are truly an inspiration to us all and we look forward to continue watching you inspire others.



Camp is Here!

The official camp season starts on July 4th and we are so thrilled to see our plans in action! Space is still available. Register at the Front Desk!

July is Mossa Month!

New July program workouts start throughout the whole month. Come to each Launch Class for a chance to win a \$10.00 gift card for:



WEEK OF JULY 4-10

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| Fight | Tuesday, July 5th | 6:30pm |
| R30 | Wednesday, July 6th | 7:30pm |

WEEK OF JULY 11-17

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| Power | Monday, July 11th | 9:30am |
| Ride | Friday, July 15th | 10:30am |

WEEK OF JULY 18-24

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| Blast | Thursday, July 21st | 10:30am |
| Core | Friday, July 22nd | 6:00pm |

WEEK OF JULY 25-31

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| Active | Tuesday, July 26th | 8:30am |
| Centergy | Tuesday, July 26th | 10:30am |

Birthday Parties!

Are you tired of the same old birthday parties and all the work that goes into prepping for them? Book your kids party here at the club and sit back and relax!

Programming Options include: Zumba, Tennis & Camp Games

Kids Meals Available! Contact Jessica to book your party!

LOLE Event!

Thank you to everyone who came and participated in our Lole Meet Up. We were thrilled with the energy our members brought to each of the classes. Congratulations to Nada for winning an awesome Lole jacket!



Get Active Challenge!

Congratulations Heather S. for winning our Get Active Challenge! Heather won a \$100.00 gift certificate to The Edge. Yay!

Happy Canada Day!

Please note HRC will be closed on Friday July 1st for Canada Day! Have a Happy & Healthy Long Weekend!

Program Book Coming Soon!

We hate thinking about fall already but we are so excited for our new programs and events that we are planning. Look for our Fall/Winter Program book coming soon!