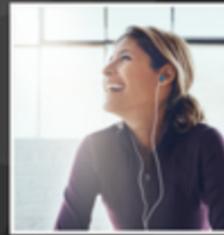


F.I.T Life

FITNESS • INSPIRATION • TIPS



Ladies Barbell Lift Workshop

Saturdays: 3/28 - 4/18 | 11:00AM - 1:00PM

Build functional strength with confidence! This workshop teaches safe, effective barbell training to support muscle growth, bone density, and total-body strength. Over the four weeks, you will master the fundamentals: Squats & Bench Press (Week 1), Deadlifts (Week 2), Overhead Press (Week 3), and Hip Thrusts (Week 4).

The workshop is open to adults 18+ and no experience is necessary. Space is strictly limited to just 6 participants to ensure maximum hands-on coaching. Sign up at the front desk or email gm@theclubforfitness.com to claim your spot.

Members: \$100 | Non-Members: \$125

EMAIL US TO REGISTER



SOUND BATH WITH SASHA

SUNDAY, 3/8 FROM 1:00PM - 2:15PM

Looking for a new way to meditate, relax, or reduce stress? Sound baths may be a helpful option. Participants usually lie on the ground with a yoga mat, blankets, and pillows, or are seated in a chair and listen to the sound of the singing bowls and other instruments. Experience will be 1 hour and 15 minutes, and participants are encouraged to wear comfortable clothing.

Members: \$15 | Non-Members: \$25

[EMAIL US TO REGISTER](#)



PILATES REFORMER

New Schedule & Policy Update

The new Pilates Reformer schedule is here - take a look at our updated class times starting March

1st.

Important Studio Policy Update: Because our studio space is very limited, we want to ensure every member has a fair chance to book a reformer. Moving forward, no-show fees will be applied. If you are registered for a class but do not show up, a session will be deducted from your package, or you will be charged the full class amount (applicable to both members and non-members).

To avoid this transaction, simply call the Front Desk ahead of time to "un-register" if you know you won't be able to make it. We deeply appreciate your understanding and your help in making space available for your fellow members.

[VIEW CLASS SCHEDULE](#)



PARENTS' DATE NIGHT

FRIDAY, 3/20 FROM 4:00PM - 7:00PM

We're excited to host another Parents' Date Night event. Featuring games and activities, dinner, and three hours of parental freedom. This is a drop-off event so parents can enjoy a night for themselves. Open to kids 6 months - 14 years old.

Little ones aged 6 months to 6 years will have a blast in KidZone, while those aged 7 to 14 can look forward to a fun-filled pool party.

Members: \$35 | Non-Members: \$40

[EMAIL US TO SIGN UP](#)

2026

AQUATICS CAMPS SCHEDULE

Start planning ahead now to join us for another round of exciting water adventures. Spaces are limited, so be sure to secure your spot early.

SEASONAL CAMPS

Members: \$250

Non-Members: \$275

Dates:

4/13-4/17 (Spring Break Camp)

6/15-6/19 (Summer Camp Week 1)

6/29-7/3 (Summer Camp Week 2)

7/13-7/17 (Summer Camp Week 3)

7/27-7/31 (Summer Camp Week 4)

8/10-8/14 (Summer Camp Week 5)

THANKSGIVING BREAK CAMP

Members: \$150

Non-Members: \$165

Dates: 11/23-11/25

WINTER BREAK CAMP

Members: \$200

Non-Members: \$220

Dates: 12/28-12/31

SIGN UP



2026 GROUP SWIM LESSONS SCHEDULE

Thursdays: March 19th – April 9th, 2026

Baby & Me: 4:00PM–4:30PM

Froggies: 4:30PM–5:00PM

Sea Otters: 5:00PM–5:30PM

Dolphins: 5:30PM–6:00PM

Saturdays: March 21st – April 11th, 2026

Baby & Me: 10:00AM–10:30AM

Froggies: 10:30AM–11:00AM

Sea Otters: 11:00AM–11:30AM

Dolphins: 11:30AM–12:00PM

Register at the Front
Desk or by emailing!



MEMBERS:

\$65

NON-MEMBERS:

\$75

[LEARN MORE](#)



POOL PARTIES

OFFERED WEEKENDS FROM 4:00PM - 6:00PM

Make a splash with our pool party rentals, available on Saturdays and Sundays from 4-6pm. Our package includes access to our spacious party room—equipped with chairs, tables, a sink, and a fridge/freezer—along with two pool lanes combined into one large swim area, perfect for family fun.

Email aquatics@thecluboncentral.com for registration and additional information.



EATING FOR ENERGY

NOT JUST WEIGHT

Food is fuel, not math - it's the information your body uses to think, move, and recover.

When you focus on balanced meals with quality protein, colorful produce, and complex carbohydrates, you help stabilize blood sugar, which keeps energy levels steady and moods balanced throughout the day. Crash diets or skipping meals can lead to energy crashes, irritability, and slower metabolism, while consistent fueling supports both your brain and muscles.

One simple trick for better energy and digestion: take a 10-minute walk after eating. Light movement helps regulate blood sugar by encouraging glucose to move into your muscles instead of lingering in your bloodstream. It's a small, powerful habit that turns everyday meals into a foundation for long-lasting vitality - no calorie counting required.

Club Notice



THE CLUB ON CENTRAL

CLOSED TUESDAY, 3/10

Please note that our The Club on Central will be closed on **March 10th** for solar installation. We plan to reopen on March 11th at 8:00 AM.

During this closure, all Silver memberships will automatically get full access to our Mill Creek location for the entire day on March 10th, as well as Wednesday morning from 5:00 AM to 8:00 AM before Central reopens.

Thank you for your patience as we upgrade our facility to be more eco-friendly!

THE CLUB FOR FITNESS

The Club at Mill Creek
1570 Betty Ct.
McKinleyville, CA 95519

The Club on Central
2197 Central Ave.
McKinleyville, CA 95519



www.theclubforfitness.com

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