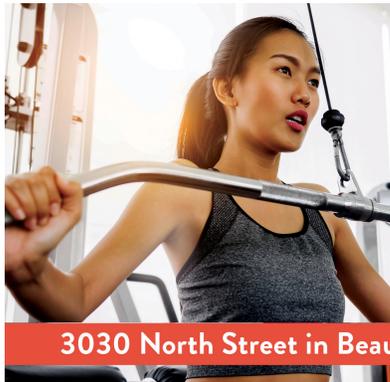


JANUARY

HWC PROGRAM SNAPSHOT

CHRISTUSHWC.ORG



HWC
WILTON P. HERBERT HEALTH & WELLNESS CENTER

Join HWC for
\$0 Enrollment
Through January!

3030 North Street in Beaumont christushwc.org

NEW HWC members will receive FREE Premier class access all month long!

PREMIER⁺

PLUS



NEW AFTER-SCHOOL ACTIVITIES PROGRAM ENROLLING NOW!

The CHRISTUS HWC youth membership is now offering an after school program designed to address multiple aspects of continued education based off STEAM educational learning system. This after-school program will include enhancing creative think skills, developing social skills, imagination, physical activity, and a period to review homework.

Classes run Monday - Friday
3:30 pm - 6 pm
\$99 per month for Member
\$139 per month NonMember.

Follow us for updates "CHRISTUSHWC"



NEW TRIBE PUNCH PROGRAM NOW OFFERED

Get in the best shape of your life this New Year! Visit CHRISTUSHWC.ORG to register for our FREE TRIBE Trial Week and try out all our amazing tribe programs!

Season 1

Demo Day Jan 12th @ 1pm
Trial Week JAN 14 - 18
Starts Jan 21st

Season 2

Demo Day Mar 2nd @ 1pm
TRIAL WEEK MAR 4 - MAR 8
Starts March 11th



BOOST YOUR WORKOUT EFFECTIVENESS

Recover faster between workouts, treat and prevent injury, and address stress with a massage from The Meridian. Book in Suite #312

JANUARY

AFTER-SCHOOL SWIM LESSONS

Kids classes every Mon and Wed @ 4:30p
\$90 Member and \$110 Nonmember
Tadpole / Starfish levels starting 1/7 - 1/30, 2/4-2/27, and 3/4-3/27.

ADULT SWIM 101 LESSONS

4-Adult swim lessons at 10a-11a every Saturday starting 1/10-1/31, 2/7-2/28, and 3/7-3/28 for \$60/Member and \$70/NonMember

JANUARY SWIM INCENTIVE

Starts **January 3rd**. Members will have 7 days to complete all the swim challenges provided by our swim instructors. Sign up at the indoor pool to participate.

50 CLASS CLUB

Monday January 1 - March 31

Pick up your 50 Class card at various locations in the facility and drop off your completed card(s) at the front desk for your chance to win great prizes..

GREEN LIGHT CHALLENGE

Record your exercise minutes and vegetables to earn points where you can win a free month membership. Starts **Jan 14 - Feb 10** and is free for all members. Register at the fitness desk.

MYZONE NEW YEAR MEP CHALLENGE

1/14 - 3/11 free for all myzone users

Starting 1/14 everyone who has a myzone belt will be automatically registered to our New Year MEP Challenge. Earn points throughout the challenge and win prizes for accumulating MEPs. The person who earns the most MEPs will earn a free month membership.

BEGINNER YOGA SERIES

1/10 - 2/14 free for members

Every Thursday from 6:40p-7:25pm you can start here with beginner yoga sequences, and tutorials on foundational yoga poses. Build strength and confidence to take your yoga practice deeper.

YOGA CARDIO DRUMMING

Last thursday of each month 12/27, 1/31, 2/28, 3/28, 4/25, 5/30
Free for members. Join us every last thursday of the month in Rm A and instead of mindful yoga we will offer yoga cardio drumming. Yogoa cardio drumming is a revitalizing practice using drumming techniques along with a refreshing warm-up and cool down. Drum sticks provided.

CO-ED VOLLEYBALL LEAGUE

Starts 1/26 - 3/2 every Saturday. \$250/team. Get your best female and male players together to compete for our HWC trophy. Registration at the front desk. Question? Contact Youth/Rec Supervisor Nick Monette at 236-4036

PREMIER ANNUAL CALENDAR

The CHRISTUS HWC will now offer annual events to all our PREMIER members to continue to bring the best club experience in southeast texas. The events calendar will be emailed to all Premier members and can also be picked up at the front desk or Premier Studio.