
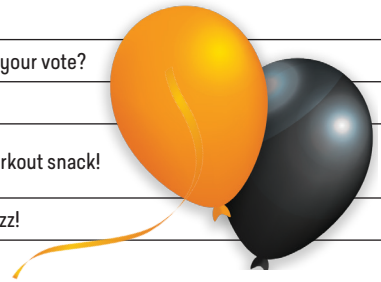


# OPEN HOUSE SCHEDULE

SoWa Health + Wellness

MONDAY		
6:15 AM	1-Hit Wonders Ride	Jumpstart your day with a high-energy ride featuring iconic one-hit wonders. This upbeat class will keep you moving and grooving to unforgettable tunes!
6:30, 7:00, 7:30 AM	Xformer Sculpt Mini-Sessions	Get a feel for Xformer sculpting in these express demos. Join us at 6:30am, 7:00am, or 7:30am for a quick but impactful full-body workout experience.
8:00-9:00 AM	Complimentary InBody Scan	Gain insight into your body composition with a free InBody scan. Gabi, one of our expert trainers, will walk you through your results. No appointment necessary.
3:00 PM	Mom Wellness Talk	Join Juliana from Pacer PT for an insightful session on health and wellness for moms. Share experiences, gain tips, and connect with fellow moms in this supportive space.
5:00 PM	Mobility Workshop 	Learn how to improve your flexibility and movement in this hands-on mobility workshop. SoWa personal trainer, Lisa, will guide you through essential techniques. No sign-up needed.
5:30-7:30 PM	First Monday Social 	Join us as we celebrate our 1-year anniversary! Connect with fellow members and enjoy delightful refreshments in honor of this exciting milestone.
5:45 PM	Disco Party Ride	Let loose in this fun, disco-themed cycling class! Ride to the beat of classic disco hits and enjoy a dance party on wheels.
6:15 PM	Salsa Dance 	Spice up your evening with a quick salsa lesson! Juan will teach a 10-minute salsa intro followed by a few lively dances to keep the energy going.
TUESDAY		
6:00-8:30 AM	Member Appreciation Coffee	Start your morning with complimentary coffee and connect with fellow members. It's our way of saying thank you for being part of the SoWa community!
6:30 AM	Mellow 90s Flow Yoga	Ease into your day with a smooth and relaxing yoga flow set to soothing 90s hits. Perfect for those looking to stretch and center themselves.
7:00-10:00 AM	Westwood IV 	Rejuvenate and refresh with Westwood IV! Expect an energy boost and wellness benefits from these B12 shots.
7:15 AM	Battle of the Boston Bands Ride	Pedal through a music-fueled ride as Boston's best bands battle it out in this high-energy cycling class. Who will win your vote?
9:00, 9:30 AM	Xformer Sculpt Mini-Sessions	Experience Xformer sculpting in these short, high-intensity demos at 9am or 9:30am. A great chance to try it out!
9:30 AM-12:00 PM	Mind-Body Snacks: Pumpkin Bliss Tasting	Sample the flavors of the season with a Pumpkin Bliss tasting. This healthy and delicious treat is the perfect post-workout snack!
5:00-7:00 PM	DRAY Tasting	Explore a selection of craft non-alcoholic beverages at this tasting event. Sip and savor unique flavors without the buzz!
5:00, 5:30, 6:00 PM	Xformer Sculpt Mini-Sessions	Catch a quick Xformer sculpt demo! Join a 5pm, 5:30pm, or 6pm session to get a taste of this dynamic workout.
5:00 PM	Deadlift Workshop	Master the deadlift in this workshop led by personal trainer Jeff. Learn proper form, technique, and tips for improving your strength. No sign-up necessary.
5:30-6:30 PM	Complimentary InBody Scan	Stop by for a free InBody scan and learn more about your body composition. Gabi will be available to guide you through the results. No sign-up needed.
6:15 PM	Hip Hop vs. House Max HIIT	Get your heart pumping with this ultimate high-intensity interval training (HIIT) class set to a Hip Hop vs. House music battle. Which beats will push you harder?
6:45 PM	Taylor Swift vs. Dua Lipa Ride	Ride to the sounds of two pop powerhouses in this epic cycling showdown. Whether you're Team Taylor or Team Dua, this class will leave you breathless!
WEDNESDAY		
7:30-8:30 AM	Kettlebell Workshop 	Discover the power of kettlebells in this full-body workshop led by Personal Trainer, Greg. Focus on strength, conditioning, and mastering kettlebell movements. No sign-up required.
9:00 AM	Xformer Sculpt Mini-Session 	Try a 25-minute Xformer sculpt demo for an intense, full-body workout that focuses on strength and balance.
9:30 AM	BioStrength Demo 	Test out cutting-edge BioStrength equipment in this 30-minute small group session. Limited to 6 participants. Sign-up required. Sign up in the app.
12:00 PM	Booty Band Total Body Strength	Join us for a targeted strength session using bands. Build muscle and tone up that booty with a focus on total body conditioning.
5:00-8:00 PM	IV League 	Rejuvenate and refresh with IV League! Expect an energy boost and wellness benefits from these IV therapy sessions..
5:00-7:00 PM	Complimentary InBody Scan 	Drop in for a free InBody scan and take the next step in understanding your body composition. Gabi will be available to assist. No sign-up required.
5:30-7:30 PM	Class Sampler 	Curious about our classes? This is your chance to sample a variety! Join us for back-to-back mini classes across multiple fitness disciplines, perfect for finding your new favorite.



SoWa film and photo crew will be present at this event to capture footage and photos.



Additional costs may apply