

# FIT & FUN REPORT



## February

### Family Fun & Fitness Weekend

Mark your calendars for one of our biggest weekends of the season!

We're excited to welcome featured vendors and exciting giveaways throughout the weekend.

This is the perfect chance to explore everything Silverlake has to offer and bring a friend! Members and non-members are welcome.

 [REGISTER HERE!](#)

#### HIGHLIGHTS:

- 15-minute fitness and sports demos every 30 minutes
- Access to the indoor pool
- Climbing walls
- Duckpin bowling
- Trampoline park
- Ropes course
- Gymnasium sports demos

**Saturday, Feb 21 | 11:00 AM–2:00 PM and Sunday, Feb 22 | 12:00–2:00 PM**

### Valentine's Couples Yoga with Marcella

**February 13<sup>th</sup> at 6:00 PM**

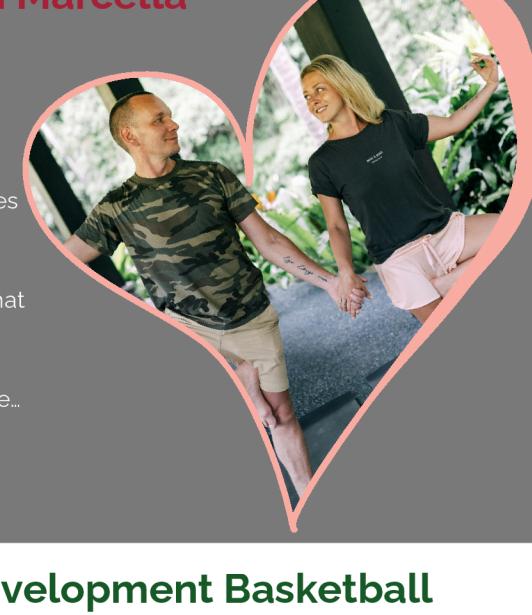
*Hosted at Better Bodies*

Celebrate Valentine's Day with a creative yoga flow designed specifically for couples and partners. Enjoy gentle stretches, partner poses, and breathing exercises that help you connect, unwind and recharge together.

No prior yoga experience is necessary — just bring a mat and an open heart.

After class, stay for light appetizers, wine, and of course... chocolate.

 [REGISTER HERE!](#)



### Sports Development Basketball

**Starting Early March**

Our Sports Development Basketball program is designed to help young athletes build skills, confidence, teamwork and sportsmanship.

Led by Coach Joshua Cross and the Sports Academy team, this class focuses on fundamentals, movement development and game awareness in a positive, high-energy environment.

Registration details coming soon.

### More to Love at Silverlake



#### Swim Lessons

There's no better time to build skills and confidence in the water. Our swim lesson programs help children of all ages and skill levels grow stronger, safer and more comfortable in the pool!



#### Birthday Parties

Looking for an unforgettable birthday experience? From swimming and sports to climbing and active play, Silverlake birthday parties are fun, easy, and full of energy. Our team handles the setup and coordination so you can enjoy the celebration.

Contact us to learn more about available party packages.



#### Welcome, Amy Hunt!

We're excited to welcome Amy Hunt to Silverlake & Better Bodies!



With over 20 years of experience helping individuals improve balance, mobility, and strength, Amy brings both expertise and a supportive, thoughtful approach to personal training. She is passionate about helping members move better, feel stronger, and build confidence.

Be sure to say hello and keep an eye out for special introductory training opportunities this month.

### Kids Night Out Valentine's Party

**February 14th | 5-8 PM**

Parents, enjoy a night off while the kids (aged 3-10) have an evening of fun! Stuffies, trampoline, pizza, games, kids quest & more!

 [REGISTER HERE!](#)

\$49 Member | \$64 NonMember

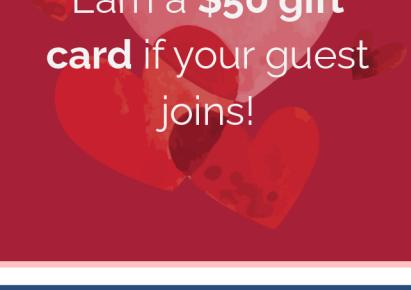
### Member Guest Days

Bring a guest. Share the energy. Grow the community.

**February 4th**

**and**

**February 11th**



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