

CALENDAR of EVENTS:

- **DEC. 22 - JAN. 1:** *NO Classes*
- **DEC. 24 - DEC. 25:** *CLOSED*
- **DEC. 31 - JAN. 1:** *CLOSED*
- **JAN. 2:** *Regular Hours and Classes Resume*

2026 MEMBER CHALLENGE:

Get ready to kick off the new year with the Beyond Fifty Fitness Studio 2026 Challenge! This year, we're excited to reward dedicated members who accept and complete our fitness challenge with an exclusive Beyond Fifty Beach Towel.

HOW TO EARN YOUR BEACH TOWEL:

- All members are eligible to participate
- To qualify, exercise at Beyond Fifty Fitness Studio at least twice a week for a total of 26 weeks during the challenge period
- The 26 weeks do not have to be consecutive—flexibility to fit your schedule!

CHALLENGE DATES:

The challenge will run from January 2, 2026 through December 29, 2026. Make sure to mark your calendars and plan your workouts!

CHALLENGE SHEETS & SUBMISSION:

- Challenge Sheets available starting January 2
- Every participating member must submit a completed challenge sheet to receive the towel

Wishing everyone much success as you take on this year's challenge! Stay motivated, stay active, and earn your exclusive beach towel by reaching your fitness goals at Beyond Fifty Fitness Studio!

SAFETY ON THE TREADMILLS:

For your safety and comfort while using our treadmills, please take a moment to review the controls before beginning your workout. In particular, be sure you know the location and function of the red STOP button on the right side of the control panel—this button works much like the emergency brake of a car and will immediately halt the treadmill if you need to stop suddenly. In addition, every treadmill is equipped with a safety cord attached to a magnet on the left side—there is a clasp at the other end of the cord that you should firmly attach to your clothing. If you lose your balance or fall and cannot reach the STOP button, the cord will then pull the magnet off and bring the machine to an immediate stop. We encourage all clients to start at a low speed, always face forward, and use the handrails as needed so every workout can be both safe and enjoyable. If you are new to the treadmill, or just want to be sure you fully understand the safety features, please ask one of our staff members to help you understand and test out the features.

SIGN IN SHEET:

Please be sure on arrival at the gym to sign your name or member number on the sign-in sheet at the front counter. This is important for tracking participation, better understanding of gym usage and business planning.

INCLEMENT WEATHER:

Visit our website to keep up-to-date with any necessary changes to Studio hours and classes due to inclement weather.

Should a closure happen, we will “go virtual” and use Zoom to continue teaching classes. The instructors will teach classes from their home, so please be patient as they switch from teaching at the Studio to teaching from their home.

Zoom links are required to participate virtually.