



# Newsletter

Members  
February 1, 2025



## Anniversary Week Celebration February 3rd-8th

### Celebrating 9 Incredible Years: WE ARE ON CLOUD 9

As we mark the milestone 🎂 of our 9th anniversary, we reflect on the extraordinary journey we've shared. This celebration is not just a marker of time but a testament to the commitment, growth, and success we've achieved. Over the past nine years, we've faced challenges, celebrated victories, and, most importantly, built lasting relationships that have shaped TEAM85. Each year has brought its own set of milestones, but the constant throughout has been the unwavering support and dedication of our Team85 members.

Together, we've accomplished more than we could have ever imagined. As we commemorate this special anniversary, we extend our heartfelt gratitude to everyone who has been part of this incredible journey—our team85 family, employees, members, and anyone else who has been a part of this journey. Your trust, hard work, and belief in our shared goals have made all the difference.

HURRAY 🎉 to nine remarkable years and many more filled with success, adventure, and fulfillment! Let's keep growing, learning, and celebrating together.

### TOGETHER LET'S CELEBRATE!!



Throughout the entire week, when you enter the facility, you will receive a raffle ticket (they are FREE). Please keep one ticket and place the other in the raffle box. On Saturday, February 8th, we will be raffling off amazing prizes. You must be present to win. The more times you visit the health club, the greater chances you have of winning a prize.

### IT IS BINGO TIME WITH A TWIST

Grab your **BINGO** Board at the Front Desk and write your name on your board. If you get five in a row, you will receive a raffle ticket to enter a drawing for a prize. The winner will be announced on Saturday the 8th of Feb. A staff member needs to sign off on your board. Show a trainer, the front desk staff, or a manager, and they will initial your square. **PROOF NEEDED** of each task or that box doesn't count in BINGO.

### ● Monday, February 3rd

- **Cafe:** ☕
  - \$3.99 Smoothies
- **Team Kids:** 🧶
  - Unique Craft for the Kids
- **Summer Camp:** 🏕️
  - Registration is **OPEN**
  - If you register during this week- 5 guest passes will be put on your account.

### Tuesday, February 4th

- **Group X:** 🏆
  - The power of 9 Bootcamp at 5:00 pm in the FH with Jen
  - **Nine** to Thrive Challenge Circuit at 6:15 pm in the TLP Room with Jen
- **Cafe:** ☕
  - \$3.99 Smoothies
  - Taco Tuesday
    - 1 for \$1.99
    - 2 for \$3.59
- **Team Kids:** 🧶
  - Craft for the Kids

### Wednesday, February 5th

- **FREE GUEST DAY!!** 🎆
- **Cafe:** ☕
  - \$3.99 Smoothies
- **Team Kids:** 🧶
  - Unique Craft for the Kids
- **Field House:** 🏐
  - Volleyball - OPEN PLAY
- **General:**
  - **BINGO** 🎰
  - **ALL ARE WELCOME TO PLAY**
  - Starting at 12:00 pm
  - Location - Community Room

- Light refreshments will be available
- Bring your friends and play a couple of rounds of **BINGO**.
- Prizes will be given to winners

### Thursday, February 6th

- **Group X:** 🏆
  - Gospel Ride - Easy Rider @10:00 am in the cycle studio with Sandy
  - Kendrick Lamar Halftime Show Quick HIIT Ride @ 5:15 pm in the cycle studio with Mary
  - The Nine Factor Challenge Circuit @6:15pm in the TLP room with Jen
- **Cafe:** ☕
  - \$3.99 Smoothies
- **Team Kids:** 🧶
  - Special Craft for the Kids

### Friday, February 7th

- **Group X:** 🏆
  - On Cloud 9 - Anniversary **Dance Party** with a LIVE DJ from 6:00 pm - 8:00 pm with the Zumba Team
  - **Anniversary Pool Party** with Judi at 8:00 am in the pool
- **FIT3D Scan:** 💪
  - \$9.00 for Members
- **Cafe:** ☕
  - \$3.99 Smoothies
- **Team Kids:** 🧶
  - Unique Craft for the Kids

### Saturday, February 8th

- **Group X:** 🏆

- Titanium Bowl Bootcamp in the FH @8:30 am with Mary
- Titanium Burn TLP zone in the TLP room @10:00am with Mary
- **Aquatics:** 🏊
- **Indoor Triathlon-**
  - Saturday, February 8th, starting at: 8:00 am
- Call to register or stop by the front desk.
- 3 Wave times:
  - 8:00 am
  - 8:15 am
  - 9:00 am
- 10 participants per wave
- Indoor Triathlon Breakdown-
  - 9-minute swim - how many laps you can swim in 9 minutes
  - 5-minute transition time from pool to spin room.
  - 9-minute cycle ride- how far you can ride in 9 minutes
  - 9-minute run on the treadmill- how far you can run in 9 minutes.



- **Cafe:** ☕
  - \$3.99 Smoothies
- **Team Kids:** 🧶
  - Spectacular Craft for the Kids
- **Raffle:** 🎟
  - Reading @12:00 pm at the front desk-must be here in person to win a PRIZE.

## Special Group X Classes: POP-UP CLASSES in February

- **February 7th: Anniversary Pool Party** with Judi at 8:00 am in the pool
- **February 9th: Softening into the Stretch** at 10:30 am with Danielle
- **February 10th: Special Pop Up Class Galentine's Day Pound** with Michelle and a **LIVE DRUMMER** in studio 2 at 5:30 pm
- **February 14th: Heart Space Meditation with Reiki** with Robin in studio 2
- **February 16th: Vibrational Sound Bowls with Reiki** with Robin Sandy and Darlene in studio 2
- **February 23rd: Vibrational Sound Bowls with Reiki** with Robin Sandy and Darlene in studio 2

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## Special Events:

- Summer camp registration is **OPEN!** Register while we have spaces available and while we have our early bird rate.
  - **Open House-** Sunday, February 16th. 10:00 am - 12:00 pm
  - Open to both members and non-members
  - Location: Team85 Field House

- **Parents Night Out -**

- February 21st
- Registration closes on February 18th
- Time: 6:00 pm - 9:00 pm
- Parent **MUST** be a member
- Child Members: \$25 (Child)
- Child Non-Members: \$45 (Child)
- \$20 for each additional child
- Please call to add an additional child -
- Age: 4 -12 years old - Must be **fully** potty trained
- Need a minimum of 7 kids to run the event.
- Registration Link:  
<https://team85.clubautomation.com/calendar/event-info?id=390185&selected-event-id=403139>
- You can also register through the Team85 app.  
Programs-Field  
House-Parents Night Out

## !! 🌟 Free Guest Days !! 🌟

We're excited to offer you the chance to bring a guest to our health club for **free!** Enjoy a workout together and introduce them to all our fantastic facilities. Please Note: All Guests must be 18 years of age or older and must have a valid state ID. All age restrictions and health club policies must be followed. Must be accompanied by a Team85 member.

Grab a buddy and make the most of your fitness journey together.

- February 5, 2025
- February 14, 2025

## Have you Registered Yet?



- **REGISTRATION OPENS: Group Swim Lessons Spring (1) Session**
    - Registration **OPENS** February 13th.
    - **Session Duration:** March 10th-May 3rd
- Summer Camp 2025 REGISTRATION IS **OPEN**
- Early Bird rates end on Monday, March 17, 2025.
  - Email: [camp@team85fitnessandwellness.com](mailto:camp@team85fitnessandwellness.com)

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## Days of Observation

- Monday, February 14, 2025 - **Valentine's Day**
- Friday, February 17, 2025- **President's Day**

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## Announcements:

- **Field House:**
  - Volleyball Open Play: Wednesday's 6:00 pm - 8:00 pm
  - ALL SKILL LEVELS ARE WELCOME



Summer Camp Registration is OPEN 🏕️



Book your Birthday Party TODAY! 🎉🎂

Send us an email at:

[events@team85fitnessandwellness.com](mailto:events@team85fitnessandwellness.com)



Team Campus Updates: 🏠

!! 🚨 NOW LEASING OUR NEW APARTMENTS !! 🚨



For more information about our apartments please email [leasing@teamcampus.com](mailto:leasing@teamcampus.com) or call 609-283-5454. Visit our website: <https://teamcampusliving.com>