

FALL FEATURE WEEKS

CALENDAR OF EVENTS

WIN A FREE YEAR OF CLUB MEMBERSHIP!

There's something for everyone at Western during the Fall Feature Weeks! Earn raffle tickets when you participate in our ten feature week offerings, and you could win a FREE YEAR OF CLUB MEMBERSHIP! Winner will be selected on November 17th.

Sept. 10th - 16th BRING A FRIEND WEEK

Give your friends & family the VIP treatment as your guest at Western! Bring one guest to join you at Western every single day this week - for FREE! Earn a raffle ticket for each (unique) guest you bring in this week and receive 20 Rewards Points for every guest who signs up for a 7-day trial!

Sept. 17th - 23rd TENNIS WEEK

Jumpstart your tennis game by joining one of our FREE cardio drills offered all week long! Try a fun group Cardio Tennis session Monday-Thursday from 8-9am or Friday from 10:30-11:30am! Earn a raffle ticket for each Cardio Tennis class you attend.

Sept. 24th - 30th YOGA WEEK

Celebrate National Yoga Month by signing up for our Cats on Mats fundraiser on Sept. 24th or hopping into one of our eleven weekly yoga classes at Western! Bring one free guest to yoga each day and receive 20 Rewards Points when they sign up for a 7-day trial! Earn a raffle ticket for each yoga class you attend this week!

Oct. 1st - 7th TRX & ROWING WEEK

Try one of Western's premier Group Fitness classes this week - rowing and TRX! Rowing & TRX classes this week are FREE to members! Don't forget to sign up at the front desk - space is limited! Plus, buy a rowing package this week and get one free class added to your package! Earn a raffle ticket for each rowing and TRX class you attend this week.

Oct. 8th - 14th PERSONAL TRAINING WEEK

Get better results with personal training! Whatever your goals may be, Western has the team to help you reach them. Try a 30-minute PT demo with a Western personal trainer for FREE this week. Space is limited! Call Western to set up your free PT demo this week! Earn a raffle ticket when you attend a PT demo this week.

Oct. 15th - 21st NUTRITION WEEK

Our new Eat Right For Life 6-week program begins next week! Sign up today and join registered dietitian nutritionist, Deb Guenteberg on a journey through Dr. Ann Kulze's healthy eating book with weekly discussion and nutrition guidance. Plus, stop by Western FuelBar this week to try samples of a selection of superfood smoothies, super shots, and our new protein bites!

Oct. 22nd - 28th SPA & RECOVERY WEEK

We'll be running free spa and recovery demos all week long! Try cryofacials, dry brushing, get a skin analysis, and more! Plus, get 15% off all Spa Western services this week and one free session when you buy a Spa Western Wellness & Recovery cryotherapy or light therapy package! Earn a raffle ticket when you attend a spa demo or buy a light or cryo package. Plus, watch for a special Spa Western event on Thursday Oct. 26th.

Oct. 29th-Nov. 4th GROUP FITNESS WEEK

Bring a free guest every day this week to join you in one of our over 60 Group Fitness class offerings! Receive 20 Rewards Points for every guest you bring that signs up for a 7-day trial! View the full schedule of classes at westernracquet.com or pick up a copy at the front desk! Earn a raffle ticket each time you bring in a guest to a group fitness class with you this week.

Nov. 5th - 11th ON-TOUR WEEK

Western's headed on tour! Put your business card in the "On Tour" bowl at the front desk and you may win a workplace visit from Western staff to deliver goodies for you and 15 co-workers, including free classes coupons, smoothies, and health and wellness swag! Earn a raffle ticket when you put your business card in the bowl!