



EQUINOX



**WEDNESDAY, MARCH 6TH , 2024**

LIMITED SPOTS AVAILABLE

**NETWORKING HOUR** 5:30PM - 6:30PM

PERSONAL TRAINERS DEMONSTRATION AND TIPS ON  
HEALTH AND WELLNESS WITHIN THE WORKPLACE

FACILITY TOURS

**CYCLE BEATS** 6:30PM - 7:15PM

EQUINOX SIGNATURE CYCLE CLASS

DONT FORGET YOUR RUNNING SHOES AND WATER BOTTLE!

**POST WORKOUT** 7:15PM - 8:00PM

IQ SMOOTHIES SPONSORED BY **BlackRock**

USE OF CLUB AMENETIES