

Holiday Closures

THE HOLIDAY SEASON IS FAST APPROACHING AND OFTEN THE DEMANDS WILL TEST YOUR RESOLVE. HERE ARE SOME EXAMPLES OF COMMON HOLIDAY EXCUSES FOR MISSED WORKOUTS THAT WON'T WORK WITH US... "I couldn't make my workout because I had to bake some cookies." "I'm canceling because I have to go shopping to buy a present for my dog." "I can't workout today because it's too cold/rainy/dark..."

"Sorry, I won't be coming in today because I'm tired from opening so many presents"

It's our job to ensure you keep your commitment to your health and fitness over the holidays – this will give you the strength to deal with the mobs at the mall! We also wanted to make sure we gave you enough notice for any upcoming holiday schedule changes so you can adjust your workout routine accordingly.

THANKSGIVING, THURSDAY, NOVEMBER 25TH 8:00 AM WORKOUT WITH JORDAN

You'll feel much better if you workout before you gobble up all the Turkey and Pumpkin Pie. This will be a challenging workout fundraiser to burn a ton of calories while helping to support Share House. If you can't make it to the studio for this workout, may we suggest a brisk walk, cycle, or run outdoors. Take time to enjoy the gorgeous autumn colors.

CHRISTMAS EVE, FRIDAY, DECEMBER 24TH

We will be closing at 2:00 pm.

Private Training sessions & Group Classes will be on a normal schedule until that point.

CHRISTMAS DAY, SATURDAY, DECEMBER 25TH We will be closed so our staff can enjoy the holiday with their families.

BOXING DAY, SUNDAY, DECEMBER 26TH

Go to our NW Personal Training Facebook page, scroll through our videos and find one that will get your heart pumping! Our owner is Canadian so we must celebrate and work off some of those holiday treats!

NEW YEAR'S EVE, FRIDAY, DECEMBER 31ST

We will be closing at 2:00 pm.

Private Training sessions & Group Classes will be on a normal schedule until that point.

NEW YEAR'S DAY, SATURDAY, JANUARY 1ST

We will not be open during our regular hours of operation but we WILL have a fun workout class at 10:00 am so you can start the year out #NWPTstrong!

#NWPTSTRONG

