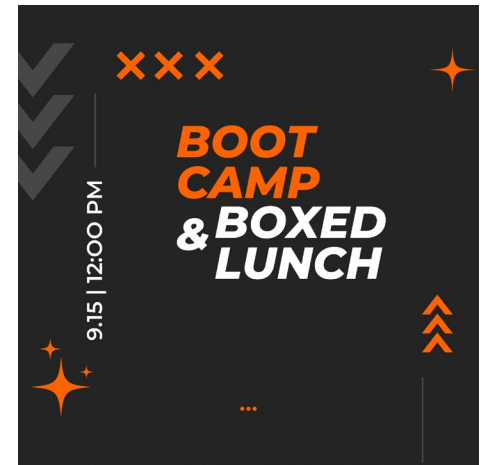


The Clubhouse September Events

Wednesday, September 15 | Boot Camp & Boxed Lunch

Join this high intensity full body workout this Wednesday, September 15 at noon. This 45 minute class utilizes different sets of equipment to build your strength and endurance. After class, receive a free wrap or salad boxed lunch to take with you. Scan below to sign up and participate in this midday workout.



Wednesday, September 22 | Spin & Smoothies

This cycling class will help you build cardiovascular strength and endurance. It will take place in The Fit Club spin studio on September 22 at noon. All attendees will receive a free smoothie after their workout. Scan below to sign up.

Wednesday, September 22 | Red Cross Blood Drive

Join us for the last Red Cross Blood Drive of the year on Wednesday, September 22 from 9am to 1pm. Donating blood is quick, easy, and can help save a life. You can schedule an appointment to donate by going to redcrossblood.org and entering the code "sanctuary".



September 28 & 29 | Ping Pong Tournament

We are excited to bring back a second Ping Pong Tournament from 11:30am to 1pm September 27th and 28th. Show off your table tennis skills for a chance to win a first place prize of \$150 or a second place prize of \$100. Scan below to participate.

Thursday, September 30 | Lounge Opening Happy Hour

Sanctuary is opening a new tenant lounge in Lake View II/Building 1145, and you are invited to it's opening! Join us on Thursday, September 30th from 2-3:30pm for an afternoon refresher with free beer, wine and an ice cream bar. In addition to seeing the new lounge, stop by to also checkout the new bikes and scooters on campus and enjoy a break with your colleagues.



Scan here to participate in these upcoming events.

