



THE
CLUBHOUSE

The Fit Club



Monday

6:00 AM	HIIT 45	Lindsey
12:00 PM	HIIT the Barre	Karen
5:30 PM	Rip 'N Ride	Malik

Tuesday

6:00 AM	Turn & Burn	Terry
6:30 AM	PiYO	Julie
12:00 PM	HIIT 45	Terry
5:30 PM	Boot Camp	TBA

Wednesday

6:00 AM	Fit-Camp	Cat
12:00 PM	Yoga	TBA
5:30 PM	Club Vibe	Angela

Thursday

6:00 AM	Body Blast	Lindsey
12:00 PM	Butts & Guts	Erin
12:00 PM	Turn & Burn	Karen
5:30 PM	Fitness Yoga	Essud

Friday

6:00 AM	Rip N' Ride	Terry
12:00 PM	Fit Stretch & Recovery	Malik

Professionally Managed by



Class Descriptions

Classes are 45 minutes unless otherwise noted.

Body Blast: mid to high impact class designed to burn fat while using resistance training to build lean mass and tone muscles.

Butts & Guts: A 30 minute high intensity class focusing on glutes and abs.

Club Vibe: Get the party started! Burn calories with this fun functional movement dance class that will get you moving & having fun while getting an amazing workout in!

FIT-Camp: Power. Agility. Strength. **FIT-Camp will get you** moving through challenging circuits that are sure to strengthen your muscles, lungs & heart!

Fitness Yoga: A more intense integration of breathing and posture movements requiring a little more strength, stamina and flexibility. 60 minutes

Fit Stretch & Recovery: End your week of workouts with this 30 minute flexibility class that will not only restore your muscles but also balance out your imbalances for a better wellness.

HIIT 45: Speed through calorie burning during this 45 minutes class of timed Intervals that alternate short and very high intensity with longer, slower intervals to recover. Improve performance, increase stamina and build strength.

HIIT the Barre: Merging two great formats! Enjoy toning muscles with traditional barre exercises intertwined with the cardio impact of HIIT!

PiYO: A total body fitness workout that combines the practices of pilates and yoga to build strength, lose weight, and increase flexibility.

Rip N Ride: Get the best of both worlds by combining cycle with a twist of upper body & core strength.

Turn & Burn: Burn it up with Interval training on a indoor bike to help increase cardiovascular endurance & strength.

Yoga: An integration of breathing and posture movements to help increase flexibility, balance, and strength. Learn body awareness, optimal posture and body mechanics.



MIND BODY & SPIRIT



THE CLUBHOUSE

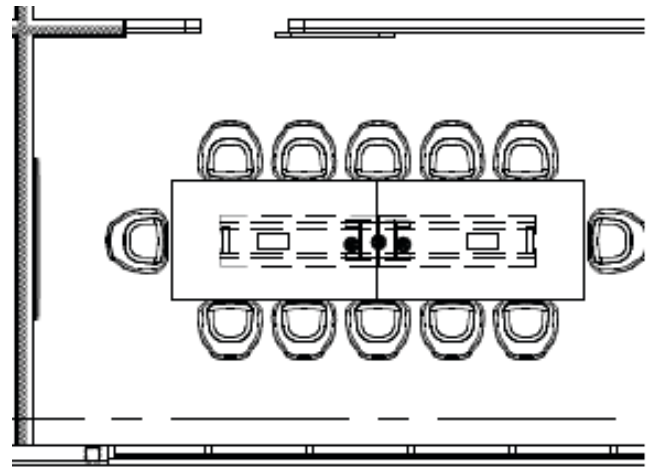
CONFERENCE

The Clubhouse has three different conference spaces for rental with four different ways to utilize the spaces. All conference spaces can be reserved through Building Engines. Onsite catering from The Market is required for all food needs in The Clubhouse meeting spaces.

THE BOARD ROOM

Modern executive meeting space with glass walls and an outside view.

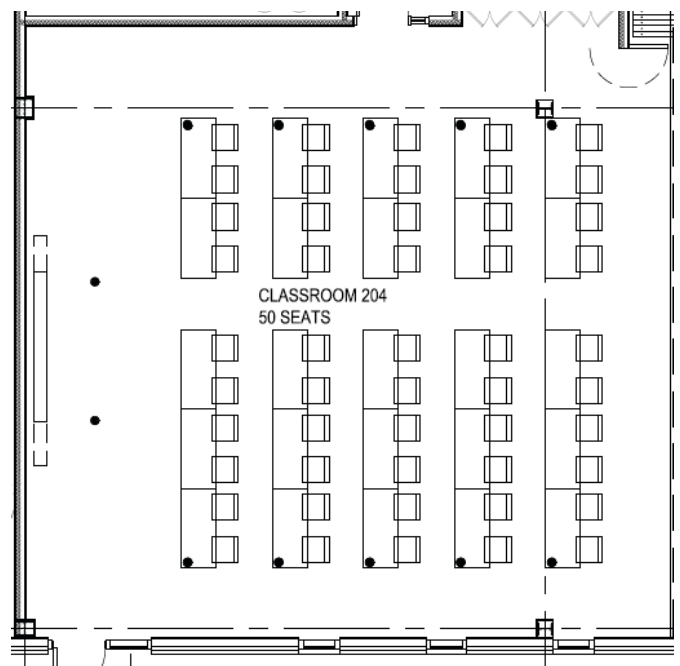
- Seats 12
- 75" Wall Mounted Screen
- Audio & Visual Equipped
- Video Conferencing Capable
- \$200/day or \$40/hour
- \$75 for Room Setup
- 24 Hour Cancellation Required for refund



THE FORUM ASSEMBLY ROOM

Training and meeting space for medium to large sized groups with ample space for catering.

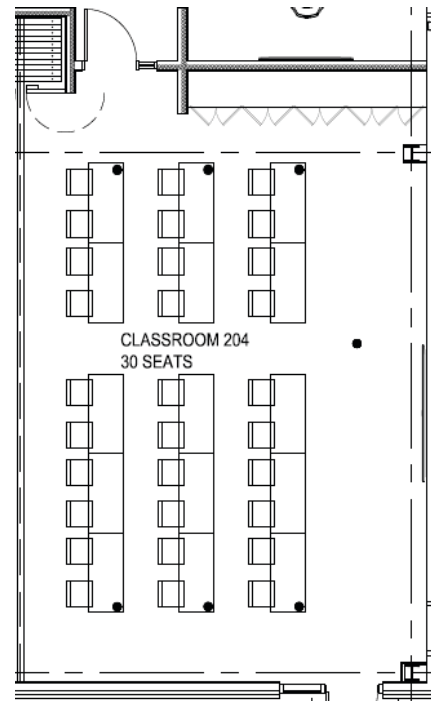
- Seats 50 Classroom Style or 98 Auditorium Style
- 65" x 116" Drop-Down Projection screen & projector
- 12 Ceiling Speakers
- \$200/day or \$40/hour
- \$75 for Room Setup
- 24 Hour Cancellation Required for Refund



THE FORUM CLUB ROOM

Training and meeting space for small to medium sized groups with room for catering.

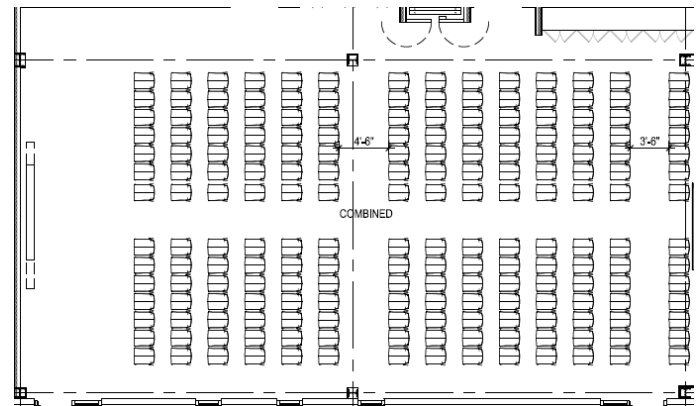
- Seats 30 Classroom Style or 84 Auditorium Style
- 90" LCD Wall Mounted Screen
- 6 Ceiling Speakers
- \$200/day or \$40/hour
- \$75 for Room Setup
- 24 Hour Cancellation Required for Refund



THE FORUM COMBINED

*Conference or training space best for large groups and events. Can be customized as needed. *Book both the Assembly Room & Club Room in BUilding Engines in order to reserve. Borth spaces must be booked for the full day**

- Seats 80 Classroom Style or 200 Auditorium Style
- 65" x 116" Drop-Down Projection Screen & Projector
- 18 Ceiling Speakers
- \$400/day
- \$75 for Room Setup
- 72 Hours Cancellation Required for Refund



THE BOARD ROOM

324 SQ FT

Presentation, conference calling and video conferencing.

SOURCES	<ul style="list-style-type: none">• Two integrated media boxes in the table with HDMI, USB charging ports and 110 Vac outlets• Wireless presentation gateway for wireless connection via Mercury system• USB extension for connection to the display
DISPLAY	<ul style="list-style-type: none">• Samsung 75-inch interactive display monitor with 120 Hz Direct LED 3840 x 2160 resolution
AUDIO	<ul style="list-style-type: none">• Four (4) ceiling speakers for sound• Crestron Mercury™ tabletop system with built-in microphone for audio and video conferencing• Two (2) microphone pod extensions for audio and video conferencing
VIDEO	<ul style="list-style-type: none">• Netcam 1080P 10X video camera
CONTROL	<ul style="list-style-type: none">• Crestron Mercury™ collaboration system at center of table



Split/combine system divisible into large and small rooms or one combined room.

ASSEMBLY ROOM

SOURCES	<ul style="list-style-type: none">• Two (2) HDMI connections on the front wall• One (1) floor box at the front of the room providing HDMI and microphone connections• Wireless presentation gateway for wireless connection to the system
DISPLAY	<ul style="list-style-type: none">• Panasonic 10,000 lumens, laser, 1920 x 1200 resolution DLP projector• Da-Lite 65" x 116" drop-down projection screen
AUDIO	<ul style="list-style-type: none">• Twelve (12) ceiling speakers for sound• A gooseneck microphone for podium speaking• One (1) wireless handheld microphone and one (1) lavalier microphone
CONTROL	<ul style="list-style-type: none">• Touch panel on the front wall

CLUBROOM

SOURCES	<ul style="list-style-type: none">• Two (2) HDMI connections on the front of each room• One (1) floor box at the front of the room providing HDMI and microphone connections• Wireless presentation gateway for wireless connection to the system
DISPLAY	<ul style="list-style-type: none">• Sharp 90-inch commercial LCD display with brilliant high definition 1920 x 1080 resolution
AUDIO	<ul style="list-style-type: none">• Six (6) ceiling speakers for sound• One (1) wireless handheld microphone and one (1) lavalier microphone
CONTROL	<ul style="list-style-type: none">• Touch panel on the front wall

the MARKET

SKILLET

BREAKFAST EXPRESS

SCRAMBLED EGGS (150 cal)	1 .99 GF
TEXAS FRENCH TOAST (240 cal)	2.49
SAUSAGE PATTY OR LINK (330 cal)	1.59 GF
BACON SLICES (2) (130 cal)	1.59 GF
FRESH BAKED BISCUIT (220 cal)	.99
BREAKFAST SANDWICH (400-600 cal)	1.99
THE CLUBHOUSE BREAKFAST	5.29

(Eggs, 1 Protein, 1 Starch, Toast, & Coffee)

HOT BREAKFAST

SM. GRITS (215 cal)	1.69
SM. OATMEAL (240 cal)	1.69
LG. GRITS (286 cal)	2.29
LG. OATMEAL (320 cal)	2.29 GF
HOME FRIES (160 cal)	1.79

FRESH JUICE & YOGURT

Available in the Up for Grabs Cooler

FRESH SQUEEZED JUICE (210 cal)	1.99
FRESH FRUIT PARFAIT (85 cal)	2.49
YOGURT PARFAIT (285 cal)	2.49

GARDEN BAR

New SIGNATURE TOSSED SALAD

7.99

BEEF & BLEU CHOPPED SALAD (625 cal) GF

Roast Beef with Crispy Bacon, Grape Tomato, Cucumber, Carrot and Egg with Gorgonzola Dressing and Chopped Romaine Lettuce

BUFFALO COBB SALAD (1050 cal) GF

Grilled Buffalo Chicken Tenders with Black Bean & Corn Salsa, Guacamole, Bacon, Grape Tomato, Egg and Ranch Dressing

MEDITERRANEAN SALAD (615 cal)

Marinated Chicken with Harvest Spring Mix, Chickpea, Black Olive, Red Onion, Tomato, Crouton, Sweet Herb Dressing and Feta Cheese

SALMON SPRING SALAD (595 cal) GF

Basil Marinated Salmon with Harvest Spring Mix, Mint Leaf, Radish, Strawberry, Walnut, Red Onion and a Basil Vinaigrette

SALAD TOSSED YOUR WAY

7.99

CRISP GREENS

Fresh Cut Romaine Baby Spinach
Arcadian Harvest Spring Mix

PROTEINS

Oven Roasted Salmon (264 cal) Tuna (406 cal) or Chicken Salad (342 cal)
Roast Beef (240 cal) Coastal Shrimp (158 cal)
Prestige Farms Grilled Chicken Breast (240 cal)

TOPPINGS (Includes up to 5)

Additional Toppings .49 ea.

HOUSE-MADE DRESSINGS

Ranch Honey Mustard Chipotle Ranch
Caesar Creamy Italian Sweet Herb Vinaigrette
Olive Oil Gorgonzola Balsamic Vinaigrette
Balsamic or Red Wine Vinegar

DELI

SIGNATURE SANDWICHES

7.59

ROAST BEEF HERO (850 cal)

Thin Sliced Top Round with Pepperjack Cheese, Mild Banana Pepper and Chipotle Ranch Slaw on a Whole Wheat Hoagie Roll

BUFFALO CHICKEN WRAP (1050 cal)

Buffalo Grilled Chicken with Romaine Lettuce, Tomato, Colby Cheddar Cheese Blend and Ranch Dressing in a Tortilla

BLACK PEPPER BST (1175 cal)

Black Pepper Bacon, Baby Spinach and Sliced Tomato with Honey Mustard Aioli on Whole Wheat Bread

BANH MI WRAP (1125 cal)

Grilled Chicken with a Ginger Poke Sauce, Pickled Veggie, a Sriracha Firecracker Sauce, Cilantro and Cabbage in a Tortilla Wrap

SANDWICHES YOUR WAY

7.59

PROTEINS (4oz)

Golden Legacy Organic Turkey (120 cal)

Black Forest Ham (240 cal)

Fresh Sliced Top Round (120 cal)

Prestige Farms Grilled Chicken Breast (240 cal)

ASSORTED CHEESE SELECTION (slice)

American (70 cal)

Cheddar (80 cal)

Pepper Jack (80 cal)

Swiss (80 cal)

Provolone (80 cal)

BREADS | WRAPS | ROLLS

Sourdough (120 cal)

Marble Rye (100 cal)

Ciabatta (240 cal)

Country Wheat (110 cal)

Hoagie Roll (250 cal)

Challah (120 cal)

Tortillas (Traditional, Wheat, Spinach, Tomato)

*Gluten Free Bread Available upon Request

All calories are per slice of Bread. Hoagie Roll and Ciabatta Bun are per each.

SKILLET

LUNCH-TIME GRILL

FRESH HAMBURGER (460 cal) 6.59

BLACK BEAN VEGGIE BURGER (660 cal) 6.59

GRILLED TURKEY BURGER (440 cal) 6.59

GRILLED CHICKEN SANDWICH (320 cal) 6.59

BISTRO GRILL FEATURE 7.59

Add Cheese to Any Sandwich (75 cal/avg) .49

SIDE BAR

SWEET POTATO FRIES (675 avg/cal) 1.99

HOME MADE FRENCH FRIES (625 avg/cal) 1.79

HAND-SPUN SMOOTHIES

Large 16oz 4.99

MANGO TANGO GF

Mango, Banana, Greek Yogurt, Honey, Orange Juice

BLUE BIRD GF

Blueberry, Mango, Vanilla Yogurt

PEANUT BUTTER PUMP UP

Peanut Butter, Banana, Soy Protein, Organic Chocolate, Vanilla Yogurt

SMOOTHIE YOUR WAY

Choose Any Ingredients from the Smoothie Bar

CHEF FAVORITES

FLAT-TOP SEARED QUESADILLAS

(Comes with Onion, Peppers and Mushrooms)

STEAK (550 cal) 6.99

CHICKEN (430 cal) 6.99

CHEESE (345 cal) 5.99

PHILLY CHEESE STEAK (550 cal) 6.99

CHICKEN PHILLY (510 cal) 6.99

GRILLED CHEESE (385 cal/avg) 3.29

CHICKEN TENDERS (3) (450 cal) 4.49

BREAKFAST BREADS

SCONES 1.99

FRESH BAKED MUFFINS 1.99

ASSORTED BAGELS 1.49

BUTTER CROISSANTS 1.99

FRESH BAKED BISCUITS .99

DANISH 1.99

CINNAMON ROLL 2.49





Rock-Tyme Grill
A HAMBURGER 6.50
BAM VEGGIE BUNGER 6.50
D TURKEY BUNGER 6.50
E CHICKEN SANDWICH 6.50
NO GRILL FEATURE 7.50
CHEESE 0.99

Chef Favorites
QUESADILLA
STEAK 6.99
CHICKEN 6.99
CHEESE 5.99
PULLED CHICKEN 6.99
CHICKEN PULLEY 6.99
CHICKEN TENDERS 4.99
Side Bites on
SUGARCOOKED FRIES 1.99
BUNGE-MAN CUPS 1.99
DAILY FEATURE 1.99

the BRICK OVEN

Chef Driven Pizza
& Chef Inspired Features

Home-Made Smoothies
Lemon Blueberry
Pineapple Mango
Tropical Paradise
Berry Blast
Mango Peach
Peach & Blueberry
Tiramisu
Cranberry
Gingerbread
Spicy Mango
Cranberry
Gingerbread

the BREW BAR

Coffee
Espresso
Cappuccino
Latte
Mocha
Americano
Cold Brew
Nitro Cold Brew
Iced Coffee
Hot Chocolate
Caramel Macchiato
Pumpkin Spice
Peppermint
Vanilla
Cinnamon
Chocolate
Milkshake
Frozen Yogurt
Smoothie

the BREW BAR

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