



GALLERIA EVENTS

MARCH 2020



FITNESS CENTER MEMBERSHIP REGISTRATION



NOW OPEN



VISIT WWW.GALLERIAOFFICENTRE.COM/FITNESS-CENTER-REGISTRATION/

We are thrilled to announce the grand opening of the Galleria Fitness Center! The \$10/month membership fee permits 24/7 access, use of all equipment, locker rooms, and showers, and access to all our popular fitness classes.

FOODA



MONDAY-FRIDAY ⌚ 11AM-1:30PM



GAME LOUNGE, BUILDING 300

Check out the rotating lunch options in the 300 Galleria Café provided by Fooda, featuring delicious food from local restaurants.



GALLERIA BOOK CLUB



MARCH 19 ⌚ 12PM



BOOK NOOK, SUITE 112, BUILDING 300

Everyone is welcome as we discuss Liane Moriarty's *What Alice Forgot*, in which the protagonist wakes after a fall and discovers she has no memory of the past ten years, and her once happy marriage is on the verge of collapse. Join us as we talk about this domestic mystery and choose our next book.



GALLERIA FITNESS CLASSES

MARCH 2020



YOGA FOR EVERYBODY

TUESDAYS 12PM

FITNESS CENTER STUDIO

Bring your mat and join certified instructor Sabrina Jo Atto as she guides you through slow, gentle movements appropriate for students of all levels. Learn tools for restfulness, relieving stress and worry, increasing productivity, and focusing your mind, just steps away from your workplace.

Tenants must be members of the Galleria Fitness Center to attend classes.

ZUMBA FOR EVERYBODY

MONDAYS & THURSDAYS 4:45PM

FITNESS CENTER STUDIO

Bring your workout gear and join certified Zumba instructor Dani Felice as she leads you through a fun and energetic class perfect for students of all levels. This interval-style, calorie-burning dance fitness party is a great way to kick start your fitness goals while spending time with coworkers and friends.

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