

Upcoming Events

MAY 16TH | 5:30-6:30PM

**TALX - 5 Minute Fitness with Adrien
At ALX Community (106 N. Lee Street)**

Adrien will discuss the most important time to exercise; how 5 minutes can make your day more productive, improve your mood, burn calories, and give your body more flexibility and give you some quick tips on what and how to do it. Wine & sips will be provided! Free admission.

JUNE 2ND | 8AM

**FOR Community Hike with Remi
Meet at 7:45am at the Billy Goat Trail Section C**

Join Remi and other members of the FOR community on this Sunday morning 1.5 hour hike for charity. We will have a box for goods to be donated to the Carpenter's Shelter for anyone who wishes to contribute and we will also welcome cash donations.

JUNE 3RD | 7-8PM

**Nutrition Strategies for Fat Loss with Megan
1010 N. Fairfax Street, 3rd Floor**

Megan is going to be busting some myths and sharing with you how to understand why you can't lose fat & figure out what will work for you.

JUNE 8TH | 4-5PM

**Education Event with President & COO of MGM National Harbor,
Melonie Johnson | Free Event
At Fitness on the Run**

Learn from one of the Washington area's newest stars how she has developed a super cool personal wellness plan.

JUNE 22ND | 10AM-1PM

**Mindset Retreat | Tickets \$49
(FREE for Concierge Wellness Basic Members)
At Fitness on the Run**

Join us for a 3 hour interactive workshop with one of the best Master Mindset Coaches on the east coast, Adina Laver. Learn how you can train your mind to be your ally and secret weapon in reaching your wellness and fitness goals.