

**Howard County Tourism: 40 Days of Wellness Challenge:** Columbia Association Health and Wellness Events in March:

**Event One: New Flex Fitness Challenge at CA!**

Open to the public-you don't have to be CA member to participate! The program is being held at all three of CA's fitness clubs – Columbia Athletic Club, Columbia Gym and Supreme Sports Club.

This is not just another weight-loss challenge — it's a whole body improvement!

No stepping on scales, no poking or prodding. This is a non-invasive, non-judgmental challenge to increase your mobility, flexibility and posture while building strength and cardiovascular health.

This eight-week program highlights CA's new TRX™ MAPS, plus our TRFlex small group training under the guidance of CA's certified personal trainers.

Registration is open from Monday, February 18 through Friday, March 22, with the program kickoff on Saturday, March 23. To register, please visit the front desk at any CA fitness club or email [Personal.Training@ColumbiaAssociation.org](mailto:Personal.Training@ColumbiaAssociation.org).

For more information on the challenge, TRX MAPS and pricing, please visit **ColumbiaAssociation.org/flexchallenge**. (Link to: <https://www.columbiaassociation.org/health-and-fitness/personal-training-2/flex-fitness-challenge/>)

Columbia Athletic Club: 5435 Beaverkill Road, Columbia, 21044: 410-730-6744

Columbia Gym: 6151 Daylong Lane, Clarksville, 21029: 410-531-0800

Supreme Sports Club: 7080 Deepage Drive, Columbia, 21045: 410-381-5355

**Event 2: CA Family, Friends, Fitness and Fun Open House**

Family, Friends, Fitness & Fun Open House  
Saturday, March 23  
7am-6pm  
Various CA facilities  
Admission is free and open to the public!

Bring your friends and family to enjoy fitness classes and challenges, special activities and more for all ages!

In addition, membership specials and several local vendors will be featured throughout the day.

Activities include:

- Open pickleball play
- Free mini-golf for kids 12 and younger
- Free 15-minute sessions with new SkyTrak at Fairway Hills Golf Club
- Kidz Ninja Hero Obstacle Course
- Free swim lessons for ages 6 months and older
- Fitness classes such as Aerial Yoga, Community Line Dancing, BodyPump, and TRFlex
- Local vendors with samples including Chick-fil-A, Smoothie King, Healthy Island Smoothie, and Athleta.

For more information, including a full schedule of activities, please visit

**ColumbiaAssociation.org/openhouse. (Link to: <https://www.columbiaassociation.org/open-house-schedule/>)**

### **Event 3: Healthy Eating Series Kickoff**

Monday, March 25

The Jim Rouse Theatre for Performing Arts  
5460 Trumpeter Road, Columbia, MD 21044

You're invited to be a part of a healthy eating plan for our community!

The purpose of the Healthy Eating Series is to provide nutritional awareness through special events.

The free kick-off event features firefighter Rip Esselstyn, who has helped thousands extinguish their unhealthy eating habits. He is the author of several books including, The Engine 2 Seven-Day Rescue Diet, Plant Strong and has appeared on the Today Show, CBS Sunday Monday and Good Morning America.

His presentation will be followed by a Q&A with nutrition panelists including Dr. Jyothi Rao, Dr. Lisa LaBorwit and Melanie Berdyck.

Doors open at 6pm. The presentation is at 7pm, and the Q&A is at 8pm. Wellness vendors will also be available from 6-9:30pm.

For more information and to register, please visit [healthyeating2019.eventbrite.com](http://healthyeating2019.eventbrite.com).

### **Event 4: Tribe Team Training Free Trial Week and Season Launch**

Have you found your Tribe? Tribe Team Training is new to Columbia Association and is open to the public.

Tribe is a progressive, results-based small group training program. You can create your own Tribe with friends or we'll match you with new ones. Tribe is based upon three programs

TribeFIT; TribeLIFE and TribeCORE and is under the guidance of CA's certified personal trainers or "coaches.

A free trial week will be held starting March 4 at Columbia Athletic Club and Supreme Sports Club. The official season of Tribe kicks off March 11. For more information, visit

**ColumbiaAssociation.org/tribe.** <Link to:

<https://www.columbiaassociation.org/health-and-fitness/personal-training-2/new-tribe-team-training/>) To register for the free trial week, please email

[Personal.Training@ColumbiaAssociation.org](mailto:Personal.Training@ColumbiaAssociation.org).