

Refer a member in the month of March and you'll be entered into a raffle to win a \$100 Gift Card for The Spa at Cornerstone!

Here is a list of all the 'extra' things happening at The Cornerstone Clubs. More information can be found on our website or call us!

**Purple listings:** Doylestown    **Red listings:** New Hope  
**Green listings:** The TreeHouse    **Silver listings:** Warrington  
**Black listings:** All Clubs

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## Monday, March 1st

Reciprocity begins for all eligible memberships at Cornerstone Fitness & Spa, Warrington!

Spring Workshops I begin this week. If you're not signed up... this is your last chance!

9:30—12noon: Diets to Go Tasting at Cornerstone Doylestown

New Decade—New You Program begins at Cornerstone Doylestown

New You! Registration deadline for next session at Cornerstone, Warrington.

5:30pm Intro to Spin at Cornerstone New Hope

## Friday, March 5th

6pm Candle Light Yoga at The TreeHouse

## Monday, March 8th

5:00pm Intro to Spin at Cornerstone Doylestown

## Tuesday, March 9th

11:00am Intro to Spin at Cornerstone, New Hope

## Wednesday, March 10th

11:00am Pilates Reformer Fundamentals Session with Ann begins today (3/10, 3/17 & 3/24)

## Thursday, March 11th

10:30am Intro to Spin at Cornerstone, Doylestown

## Friday, March 12th

6:00pm Yoga & Sacred Sounds at The TreeHouse (please see the TreeHouse website, under events, for more information)

## Saturday, March 13th

5:00—7:00am—Kundalini Yoga workshop—please see our website for more information.

9:30—12Noon Diets to Go Tasting at Cornerstone, Doylestown

10:30am Pilates Reformer Fundamentals Session with Mike begins today (3/13, 3/20, 3/24)

## Sunday, March 14th

10:15am Intro to Spin at Cornerstone, Doylestown

2:00pm Yoga & Sacred Sounds at the Yoga Studio, Doylestown (please see our website, under events, for more information)

## Monday, March 15th

5:30pm Intro to Spin at Cornerstone, New Hope

## Tuesday, March 16th

Spinning for Weight Loss with KC Wilder, (4 week program) begins today in New Hope. See our website for more info.

Swim lessons at Cornerstone, Warrington begin (please visit the website for more information)

## Friday, March 19th

5:30 pm CornerKids Parent's Night Out—St. Patrick's Day party for the kids. Reserve your space early! See more info on our website.

## Monday, March 22nd

5:00pm Intro to Spin at Cornerstone Doylestown

## Tuesday, March 23rd

11:00am Intro to Spin at Cornerstone, New Hope

**Thursday, March 25th**

**10:30 Intro to Spin at Cornerstone, Doylestown**

**Saturday, March 27th**

**The Holistic Living Expo 10am to 5:00pm at the Middle Bucks Institute of Technology, Old York Road, Jamison.**

**Join The Cornerstone Clubs at the Expo for a day dedicated to holistic lifestyles and renewable living. For more information on this year's Expo events, vendors and guest speakers, please go to: [www. HolisticLivingExpo.org](http://www.HolisticLivingExpo.org). Make sure you stop by and say hello!**

## Additional Notes:

\*The **Biggest Mover** Contest in Doylestown has been extended until April 3rd due to snow closings.

**Cornerstone Fitness & Spa, Warrington** information can be currently found on their existing website, [www.labfitnessandspa.com](http://www.labfitnessandspa.com). More information will be available on our website soon.

**Cornerstone is currently asking for your help!** We are conducting a member-wide survey and ask you to take a few minutes to provide us with your input.

If you haven't already taken our survey, please copy this link into your browser and get started!

Thank you for your help in making The Cornerstone Clubs your "cornerstone" of health.

<http://survey.constantcontact.com/survey/a07e2qhv6heg5r1phtx/start>