



SCOTTSDALE | PARADISE VALLEY | NORTHEAST PHOENIX | CAVE CREEK

## *Fitness Fridays At CityCenter Of CityNorth*

*By Nicole Jasinskas*

Fun, Fit, Free, Fridays! Join CityCenter of CityNorth® every Friday in the month of April to kick-start your fitness routine! Just bring a great attitude and come ready to get fit and you'll be treated to a complimentary workout courtesy of **CrossFit Scottsdale** ([crossfitscottsdale.com](http://crossfitscottsdale.com)) and **ZenergyYoga** ([zenergyyoga.net](http://zenergyyoga.net)).

All workouts are designed for ANY fitness level and can be scaled per individual fitness levels. REGISTER IN ADVANCE as space is limited. Send an e-mail with your name, e-mail and class you would like to attend to [citynorthsalesgallery@related.com](mailto:citynorthsalesgallery@related.com), and we'll keep you informed and register you for the class!

**Location:** Nordstrom Court, near White House | Black Market

**Time:** 9-10am

**Schedule:**

April 3 – CrossFit Scottsdale Core Body Workout

April 10 – Zenergy Yoga on the green (please bring your own mat, as mats are limited)

April 17 – CrossFit Scottsdale Core Body Workout

April 24 – Zenergy Yoga on the green (please bring your own mat, as mats are limited)

- Win a raffle prize courtesy of **lululemon** ([lululemon.com](http://lululemon.com))
- Nutritional tips and healthy snacks compliments of **Scottsdale Nutrition Coach** ([scottsdalenutritioncoach.com](http://scottsdalenutritioncoach.com))
- **Ellen Schawelson**, Massage Therapist, will be with us giving 5-10 minute chair massages after your workout.

Call 480.319.8700 or visit [CityCenterofCityNorth.com](http://CityCenterofCityNorth.com) to have any questions answered!

*CityCenter of CityNorth® is located off the Loop-101 at 56th Street and Deer Valley Drive. Call 480.355.0202 for more information. Stay in the know by registering for our e-newsletter! Sign up by e-mailing [citynorthsalesgallery@related.com](mailto:citynorthsalesgallery@related.com) with your request or go to [citycenterofcitynorth.com](http://citycenterofcitynorth.com) and click "Shop & Dine" and "Directory" of Stores and Restaurants" for a complete store directory.*