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## Back By Popular Demand: *Fitness Fridays At CityCenter Of City North*

By Nicole Jasinskas

Fun, Free, Fitness Fridays have been extended into May due to popular demand! Join CityCenter of CityNorth® every Friday in May 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 **Zenergy Yoga** ([www.zenergyyoga.net](http://www.zenergyyoga.net)).

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

### Class Schedule

Time: 9-10am  
Location: Nordstrom Court, near **White House | Black Market:**

### Dates

- May 1 – Zenergy Yoga on the green (please bring your own mat, as mats are limited)
- May 8 – CrossFit Scottsdale Core Body Workout
- May 15 – Zenergy Yoga on the green

(please bring your own mat, as mats are limited)

May 22 – CrossFit Scottsdale Core Body Workout

May 29 – CrossFit Scottsdale Core Body Workout

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

Visit [citycenterofcitynorth.com](http://citycenterofcitynorth.com) or call 480.319.8700 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 the 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.*