Let Your Members Know You Exist…

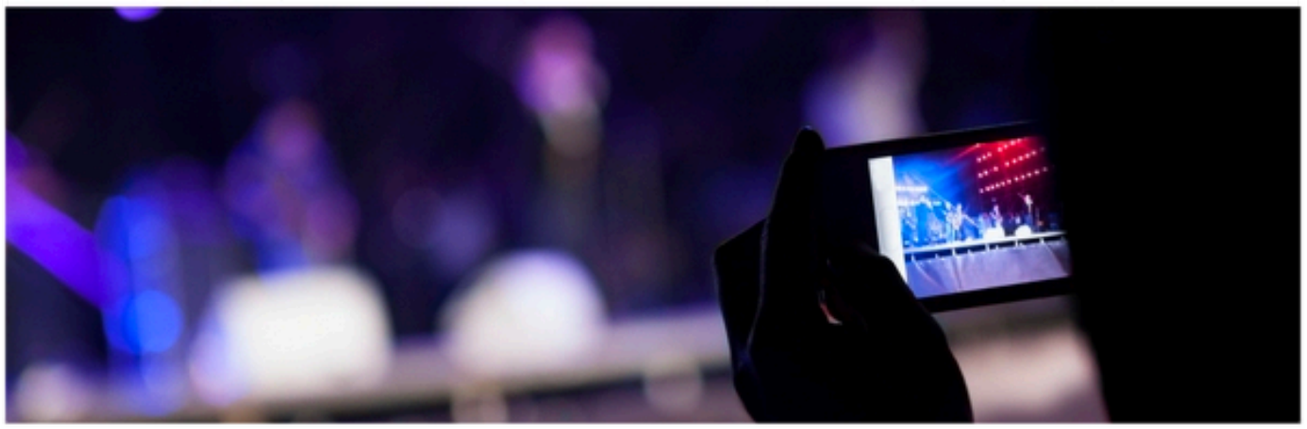
- Curbside To Go & Delivery
- Communicate- Social Media
- Use LIVE stream Services
- Zoom!
- Engage in anyway Possible
- Activities
- Golf and Tennis Tread Lightly

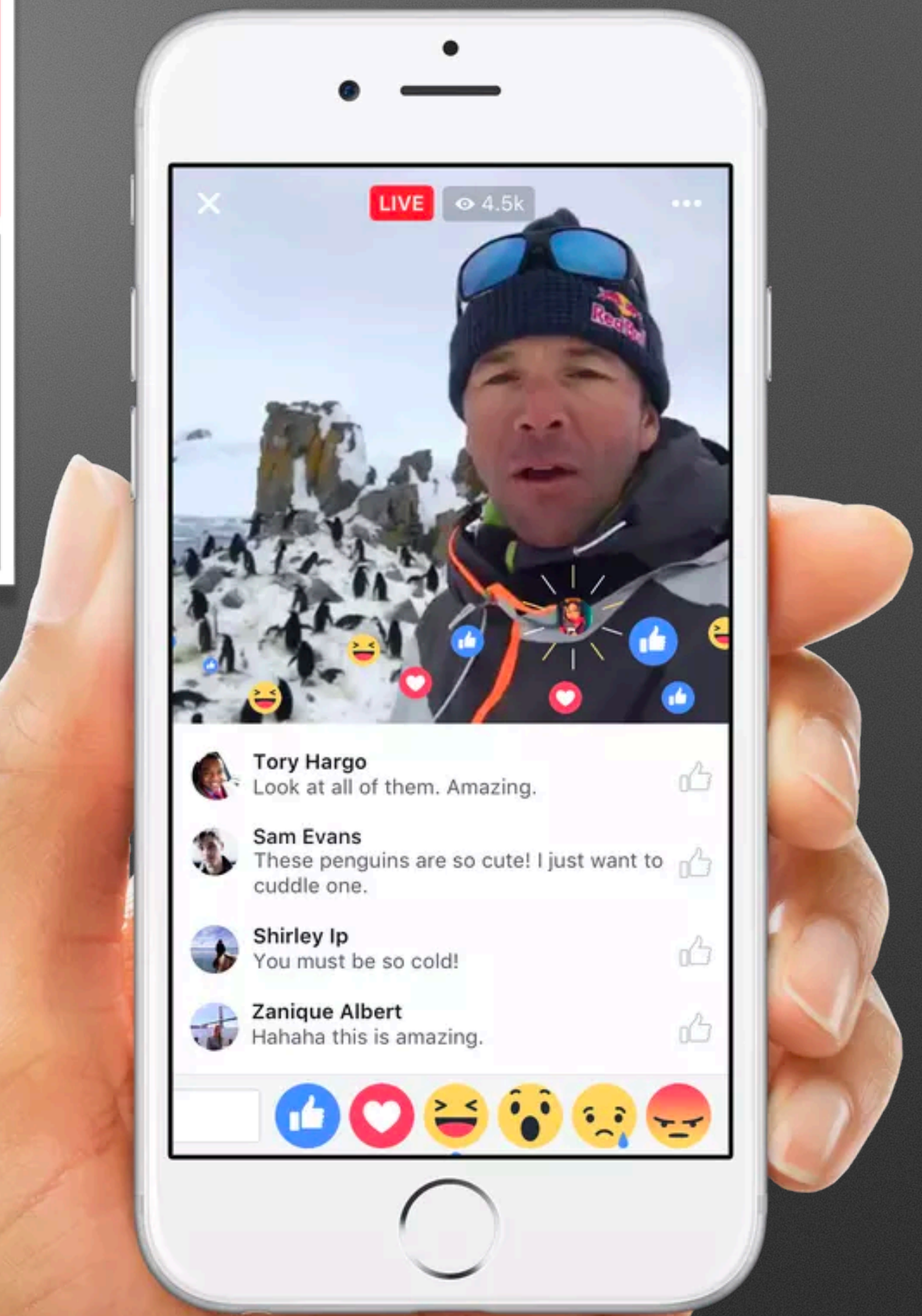
TAG US ON SOCIAL MEDIA

CHAMPIONS RUN

@ChampionsOmaha
@ChampionsRunOmaha

LIVE




LIVE
4.5k
Tory Hargo
Look at all of them. Amazing.
Sam Evans
These penguins are so cute! I just want to cuddle one.
Shirley Ip
You must be so cold!
Zanique Albert
Hahaha this is amazing.

CHAMPIONS RUN

Activities

facebook LIVE Streaming 1pm Daily @ChampionsRunOmaha

Monday

DANCE Class

NO LIMITS DANCE AND ACROBATIC TRAINING

Join the instructors of No Limits Dance Studio for a fun dance class for all ages. We believe in making potential a reality and want to share our passion for dance, love for teamwork and strong work ethic to make every dancers' possibilities limitless!

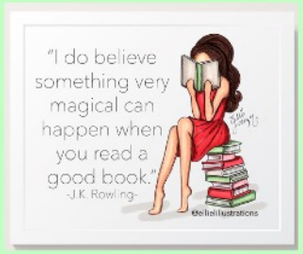
Tuesday

Golf Putting Lesson

Join Brad Bailey and Josh Enholm for an INDOOR Putting Lesson. Grab your putters, golf balls, and enjoy a fun golf lesson from the professionals. Learn to create your own putt putt course in your house!

Wednesday

ART with Ellie L



Join us Wednesday to channel your inner artist!
Ellie L. has been drawing dresses since the age of 5! As a child, she had dozens of sketch books filled with different illustrations. At the age of 22, Ellie won the title of Miss Nebraska USA 2013 and had the opportunity to help design her dream Miss USA dress.

Grab your colored pencils or markers, We will be Drawing THE KRAKEN!

Thursday

YOGA with Liz H.

Join us for QUARANTINE Yoga! Join us for all levels - and all ages for this awesome activity. We may even throw in some partner poses!

The mind//body connection of yoga includes physical postures, controlled breathing, and the ability to QUIET the mind {so challenging!}

Let's see what you got!

Friday

KICK BOXING with Carrie B.

Cardio kickboxing is a FUN fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike.

Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout.

Saturday

FAMILY TIME

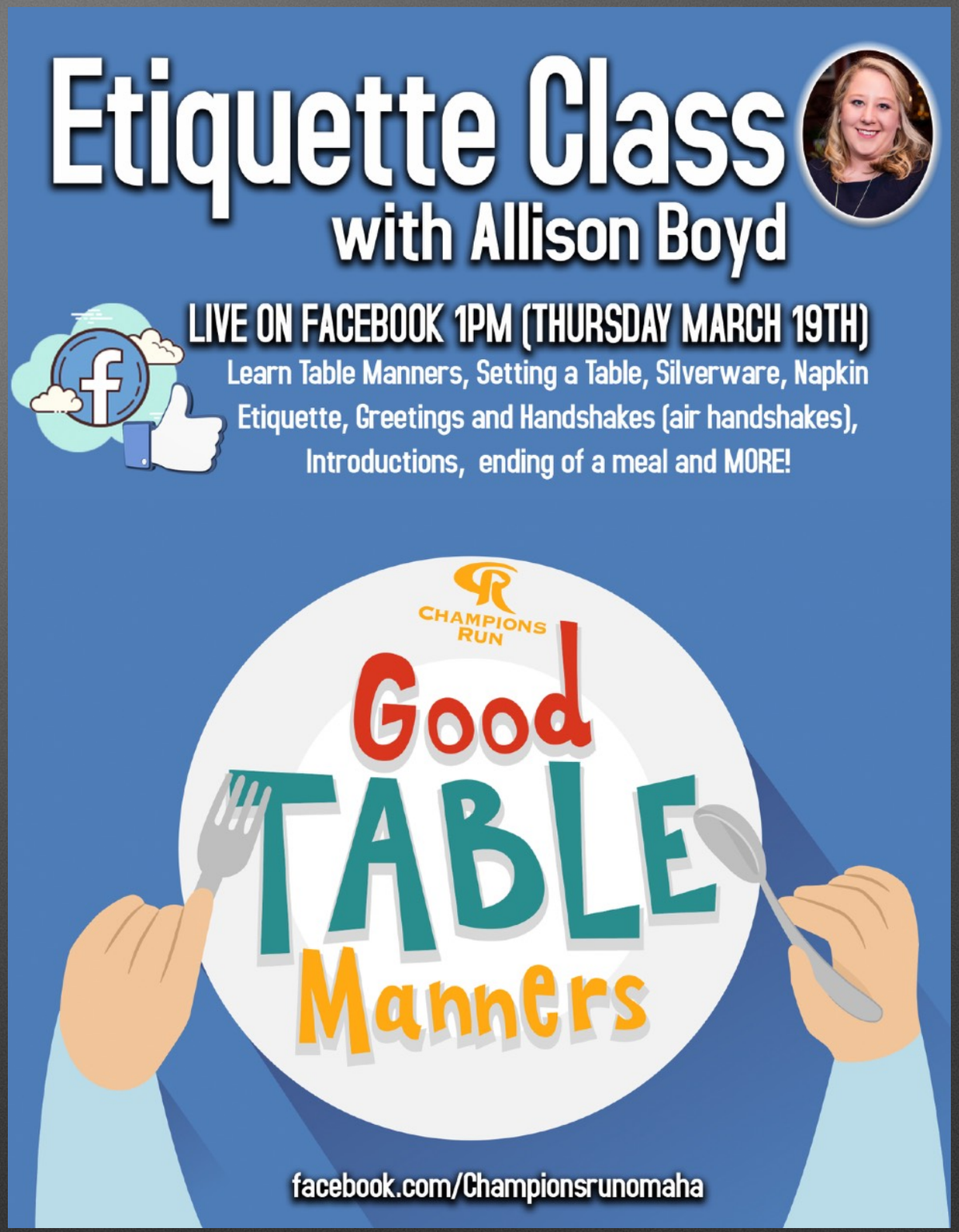
Family Time. It builds children's self-esteem, strengthens family bonds, develops positive behaviours, and can help your children be a good friend.

We consider all of you our family and cannot wait to see you back at the Club.

Stay Safe.

CHAMPIONS RUN

KIDS
COOKING CLASS
WITH CHEF JOHN
Join us as we bake grilled cheese and brownies. Tune into FACEBOOK Live TODAY at 1pm!
facebook.com/championsrun0maha
facebook
LIVE STREAMING


Etiquette Class
with Allison Boyd
LIVE ON FACEBOOK 1PM (THURSDAY MARCH 19TH)
Learn Table Manners, Setting a Table, Silverware, Napkin Etiquette, Greetings and Handshakes (air handshakes), Introductions, ending of a meal and MORE!
CHAMPIONS RUN
Good
TABLE
Manners
facebook.com/Championsrunomaha

Champions Run Omaha was live.
Published by Ben Lorenzen [?] · 2 hrs ·

Hip Hop and Acro with No Limits Dance Studio!

Watch together with friends or with a group Start

Get More Likes, Comments and Shares
This post is performing better than 85% of other posts on your Page. Boost it to get more great results.

431	197	Boost Post
People Reached	Engagements	

19 18 Comments 353 Views

Watch together with friends or with a group Start

Get More Likes, Comments and Shares
This post is performing better than 85% of other posts on your Page. Boost it to get more great results.

1,364	279	Boost Post
People Reached	Engagements	

36 29 Comments 2 Shares 712 Views

Like Comment Share

Most Relevant

Champions Run Omaha
Published by Ben Lorenzen [?] · March 19 at 1:53 PM ·

Today was awesome. Thanks for tuning in fam!

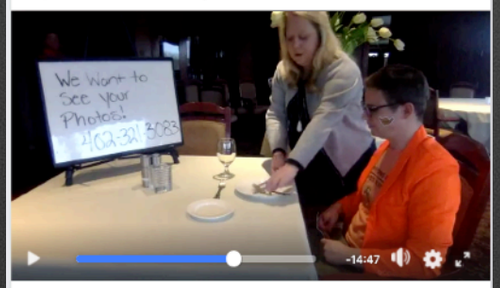
414	36	Boost Post
People Reached	Engagements	

9

Like Comment Share

Champions Run Omaha was live.
Published by Ben Lorenzen [?] · March 19 at 12:58 PM ·

Etiquette Class with Allison Boyd



Watch together with friends or with a group Start

Get More Likes, Comments and Shares
This post is performing better than 90% of other posts on your Page. Boost it to get more great results.

884	491	Boost Post
People Reached	Engagements	

28 58 Comments 1 Share 685 Views

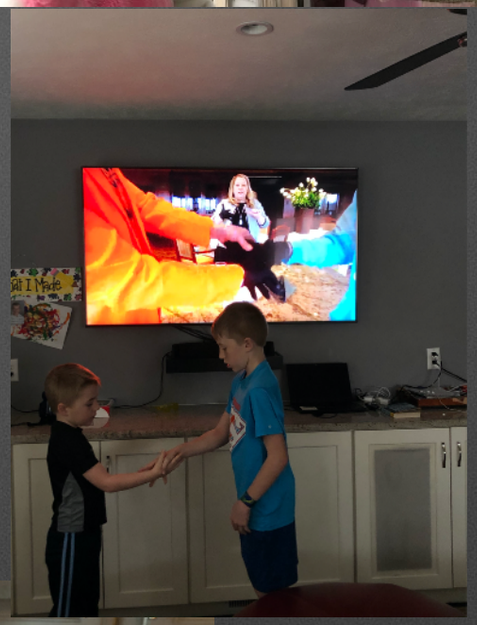
Like Comment Share

Most Relevant

Comment as Champions Run Omaha

Elsa Kluver · 33:32 if the restaurant you're at serves you a can of a beverage which side does the can on and what side does the actual cup go on?

Like · Reply · 4d



Virtual Wine Club Wednesday

ZOOM

Upcoming Ideas

Other Activites!

- Scavenger Hunts
- Talent Shows

Use the Power Of Video To Communicate Your Message.

Thank you.