

## WHAT'S HAPPENING

### AQUATICS

In person registration for child swim lessons is June 17-23. Lessons are July 8-August 1. Lessons are twice a week for four weeks. \$45 Member / \$70 Guest

### BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available June 19, 7-9 a.m. Register at the front desk by June 18.

### GROUP FITNESS CLASS CHANGES

#### Discontinued Classes

Les Mills BodyFlow, Monday, 5:30 p.m.  
Mindful Meditation, Wednesday, 4:00 p.m.  
Les Mills BodyFlow, Wednesday, 5:15 a.m.  
Water Yoga, Sunday, 3:00 p.m.

### HOLIDAY HOURS

INDEPENDENCE DAY, July 4  
Club: 7:00 a.m. - 5:00 p.m. Pools: 7:00 a.m. - 4:30 p.m.  
No group fitness classes and Play Center closed.

### NANNY MEMBERSHIPS

Members may add a child caregiver on to their membership at the associate dues rate. The caregiver must be 19 years or older to bring children 12 and younger to swim or play on the basketball court. There is a start up fee of \$30 for a nanny membership.

### ONLINE SURVEY

Julie P. won the \$25 gift card for completing the April survey! We value our member's feedback and appreciate when you take the time to give us your opinion. Watch your inbox for when we ask for yours!

### WINNER

Lou Ann G. won the free month of dues from the One Mile a Day challenge during Medical Fitness Week in May. Lou Ann is 86 years old and she completed 11 miles during this week – woohoo Lou Ann!

## KIDS YOGA SERIES



### 4 Week Series: June 6 - 27

Thursday, Meditation Room  
4 - 8 year olds: 10:45 - 11:30 a.m.  
9 - 13 year olds: 11:45 a.m.-12:45 p.m.  
Cost: \$25 for one / \$40 for two  
Yoga poses & fun exercises for kids with weekly themes to understand poses.

- Week 1: Landing on earth
- Week 2: Moving like water
- Week 3: Harnessing inner fire
- Week 4: Soaring in the air

## INTER CLUB SWIM MEET FRIDAY, JUNE 21 10 a.m. - 12 p.m.



Required practices: June 7 & 14, 4:00 - 5:00 p.m.

- Open to children 12 & under • Cost: \$35
  - Events in 25 & 50 yard distances for front & back crawl, breaststroke, butterfly and sprint relay
- Sign up with Aquatic Supervisor Julie Gipson  
or at the front desk.

## WELLNESS WEDNESDAYS

Explore 6 Wellness Topics With  
Holistic Nurse Sharon Duffy

### DATES AND TIME:

June 5, 19 & 26 & July 10, 17 & 24, 11:00 a.m. - 12:00 p.m.

### JUNE TOPICS:

New Approaches To A Happier, Healthier You  
Explore & Maintain Healthy Behaviors  
Change How We Feel By Changing How We Think

### REGISTRATION:

Sign up at the front desk for each weekly presentation.  
Free for members & their guest.

## NEW CLASS: LES MILLS CXWORX



Exercising muscles around the core, this class provides the vital ingredient for a stronger body. All the moves have options, so it's challenging but achievable for your own level of fitness. Starts June 5.

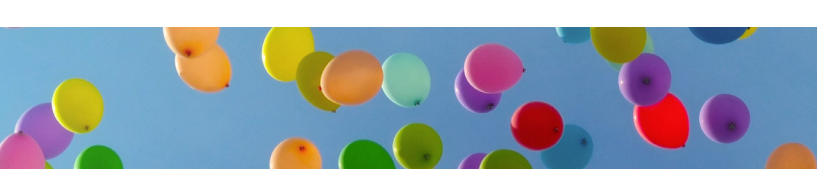
**Wednesday**  
**6:00 - 6:30 a.m. • Meditation Rm.**



## NEW CLASS: WATER EXPLOSION

- Outdoor Pool
- Tuesday & Thursday
- 6:15 - 7:00 a.m.
- Beg.-Int. Level
- Instructor Mary

Starts June 4. Begin your day with an energetic water workout!



## SUMMER POOL PARTY

Join us Friday, June 28 to celebrate summer!

- 9:30 - 11:30 a.m. Refreshments & Spin the Prize Wheel
- 4:30 - 6:00 p.m. Outdoor Pool Games & Nitro Ice Cream

## INTERVAL WALKING SERIES

**3 WEEK SERIES: June 11 - 27**

Learn strategies to maximize your walking fitness! This class is adaptable to any fitness level.

- Tuesday & Thursday,
- 2:00 - 2:45 p.m.
- East Gym
- \$20 Member / \$30 Guest



## WAY TO GO

“Russ’s Thursday night HIIT class was super fun and energizing!”

Kay said, “Great classes and workouts! Linda, Jarvis and Amanda are doing a wonderful job.”

Jane said “Dona is great in leading aqua classes.”

Karen said, “Angie is the best! Always willing to listen. The other person is Robert. My daughter and I didn’t know his name so we always called him smiley since he has such a great smile and is always so friendly!”

Sandy said, “Joel has made Les Mills BodyFlow less scary for an oldster like me. Keri is always so helpful with modifications and Melanie is just awesome.”

Tom said, “Brittney in the heart rehab area is an excellent employee. She ALWAYS goes beyond her duties in helping and explaining exercises and how to use machines.”

“Anne’s HIIT class on Tuesday has great energy and she makes people feel welcome. Thanks!”

Denise said, “I love Amy Sauer as a yoga teacher.”

Pat said, “Judy and Betsy, who lead the Young at Heart class, do an awesome job of changing up the routines and challenging us with our exercise routines.”

Beth said, “Thank you so much for the great workouts we are receiving from each of your water aerobic classes. Your energy and knowledge abound and we not only get a great workout but have fun doing it!”

## POWER OF POSITIVITY

By Lisa Graff, Certified Health & Wellness Coach

Did you know that how you feel, think and act are all things you can control? From self-help books to mindfulness meditation, it is widely proclaimed positive outcomes can be achieved by switching your mindset. If you are disillusioned with the state of the world, discouraged with yourself, disappointed by your loved ones or just want to increase the positivity in your life, try these strategies to improve your positivity game!

1) Look for the good. If you are struggling with seeing the good – challenge yourself to take time once a day and ask “What was good in the last 24 hours?”

2) Play to your strengths. Whether you have an awesome sense of humor or love being creative, there are ways to draw on those strengths when times get tough.

3) Be kind. STOP criticizing your food choices or knocking your most recent workout. Dig deep and find something good about yourself.

It does take practice but once you start switching negative and self-limiting thoughts and actions for the positive, not only will your perspective change, but you will become a beacon of positivity to those around you!

## TRX YOGA SERIES

- 3 Week Series June 11 - 25
- Tuesday, 11:15 a.m. - 12:15 p.m.
- \$15 Member / \$30 Guest
- TRX Basics required
- Limited space



Explore yoga poses with the cross-training of TRX

## BARRE

### 6 WEEK SERIES

June 17 - August 2

(No class week of July 4th)

Monday & Wednesday 11:15 a.m. - 12:00 p.m.  
Level: Beginner/Intermediate Studio 1  
Cost: \$15 one day per week / \$20 two days per week

Develop strength and flexibility using a combination of postures at the ballet barre.

Limited space • Registration deadline June 13

