Baptist Health/Milestone wellness center

Health and Wellness Newsletter

September 2014

lululemon athletica's STUDIO OF THE MONTH

JOIN US FOR *COMPLIMENTARY* COMMUNITY CLASSES!
WEDNESDAYS IN SEPTEMBER AT 7:30 PM

September 3RD
POWER SCULPT

September 10TH
SHRED

September 17TH
TABATA BOOTCAMP

September 24TH
20/20/20

(a mashup of all of the above!)

Visit www.baptistmilestone.com/lululemon
Facebook.com/baptistmilestone

Classes will be taught by Jeff Howard
Milestone Group Fitness Instructor
International Fitness Presenter and Consultant

lululemon athletica
trunk show at Milestone!
Monday, September 15th 8 AM - 8 PM!

OPEN TO MEMBERS & NON-MEMBERS
MUST BE 18 YEARS OF AGE
PLEASE BRING A VALID I.D.
502.753.7554

Learn to Exercise

Free Orientation
Thursday, Sept. 4, 7 pm
6-Week Program begins
Monday, Sept. 8, 7 pm
$59 members/$99 non-members

New to exercise? Start with this upcoming session with other beginners. Limited enrollment so pre-register today! For more info, contact Glenda Wagner, Certified Living Everyday, The Cooper Institute, 753-7552 or gwagner@baptistmilestone.com

BodyShape Seminars

Weight Management
Saturday, Sept. 6, 10 am
Free!

Nutrition for Fat Loss
Saturday, Sept. 20, 10 am
$30 members / $35 non-members

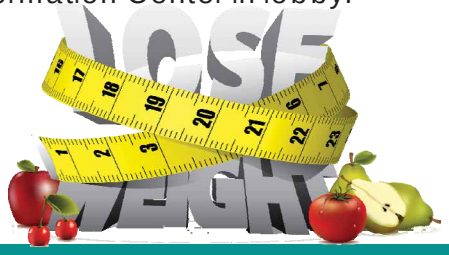
Emotional Eating
Saturday, Sept. 27, 10 am
$30 members / $35 non-members

Learn valuable information and tips with Jamal Thruston, Weight Management Specialist. Sign up today at our Service Desk! See program flyer at our Information Center in lobby.

Fall into Fitness

Kick-Off Seminar
Saturday, Sept.13, 10 am
6-Week Fitness Challenge begins
Monday, Sept. 15
$20 members/$129 non-members

Get motivated for a healthy lifestyle change! Join the program, set goals and then meet or exceed goals! Sign up today at our Service Desk! See program flyer at our Information Center in lobby.



Health and Fitness Calendar

September 2014

1 Monday
Labor Day, 8 am–3 pm
See special holiday class schedule available at our Information Center in lobby.

2 Tuesday
HMR® Orientation, 5–6 pm
Find out about our very successful Healthy Solutions® weight management program at this free intro. Sign up today at our Healthy Solutions program office or call x124.

4 Thursday
Learn to Exercise, 7–8 pm
Free Orientation
6-Week program begins Monday, Sept. 8, 7 pm
See side one.

5 Friday
Family Swim Night, 6–8 pm
$5 for non-members and children. Splash into summer in our fabulous Pools! Bring kids, family and friends (parents stay in the pool area with children under 15). More info: call Mary Duke, x132.

6 Saturday
BodyShape Seminar, 10–11am
Weight Management
Free. See side one.

7 Sunday
Social Dance Class, 5-6 pm
4-Week Sessions
Sundays, Class Room A
$60 per couple/$75 non-members
This month, learn the fun and lively Cha Cha with Jane Blum, Professional Dancer and Teacher. New dance classes each month. More info: call Jane, (502) 296-0047

8 Monday
HMR Orientation, Noon–1 pm
See Sept. 2.

12 Friday
ZUMBA, 7 – 8 pm
Class Room A; Free for members/ $15 non-members
Latin dance fun on 2nd and 4th Fridays each month. More info: call Sue, x114.

13 Saturday
Fall into Fitness Kick-Off, 10–11 am
6-Week Fitness Challenge begins Monday, Sept. 15
See side one.

15 Monday
lululemon athletica, 8 am – 8 pm
Stop by our lobby for a special trunk show at Milestone.

16 Tuesday
HMR Orientation, 5–6 pm
See Sept. 2.

19 Friday
Family Swim Night, 6–8 pm
$5 non-members and children.
See Sept. 5.

20 Saturday
BodyShape Seminar, 10–11am
Nutrition for Fat Loss
$30 members/$35 non-members
See side one.

21 Sunday
Polliwog, Jellyfish and Goldfish
Swim Lessons begin, 3:30 pm
$65 members/ $75 non-members
See program flyer for class levels and details. Sign up today at our Service Desk! More info: call Mary Duke, x132.

22 Monday
HMR Orientation, Noon–1 pm
See Sept. 2.

23 Tuesday
Yew Dell Day Trip, 9:30 am–2:30 pm
Botanical Gardens & Lunch
$20 for members & non-members
Bus trip from Milestone. Bring your friends and enjoy the day. See flyer for details. (Fee includes entry to Yew Dell. Lunch is paid by each individual.) Hurry! Deadline to register is Sept. 18. Sign up at Service Desk. More info: call Sue x114.

26 Friday
ZUMBA, 7 – 8 pm
Class Room A; Free for members/ $15 non-members
See Sept. 12

27 Saturday
BodyShape Seminar, 10–11 am
Emotional Eating
$30 members/$35 non-members
See side one.

30 Tuesday
HMR Orientation, 5–6 pm
See Sept. 2.

Unless otherwise noted in the newsletter, all sessions are free. Most meetings are held in the first-floor Conference Rooms. Everyone's welcome ~ please bring your friends.

Let's stay connected! Please be sure we have your correct email address so that we can keep you informed of the latest events, special programs and new classes.