



Change is in the air ~

Change ignites us to move forward, take risks and improve our lives. Over the next few months, you're going to see some exciting changes around Milestone. Watch for improvements in how we communicate with members, enhance the facility and save a few trees along the way. And of course, Milestone will continue to be the place where **you** matter most!

Citizens of Sustainability

We've been recycling plastic for more than a year ~ now the focus is on reducing paper. So in August we'll print our final Wellness Center bulletin. But not to worry, especially if you already get the monthly news via email ~ all the latest Milestone info will still be landing in your inbox.

No bombardment zone

email address, please...

The next time you're at the Service Desk, please make sure we have your correct email address. Being able to reach you via email is essential, now more than ever. We promise never to share your email info with anyone, and you will not be bombarded, or hassled with too many messages. You will get news about current events, schedule changes, workshops, closings due to weather and other relevant information.



One visible change coming in the near future is large digital display screens will be installed throughout the facility. You'll be able to track daily news about classes, up-coming events, free demos, Café specials, etc.

Life on the big screen

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Social e-savvy ;-}

Whether it's Facebook, Twitter or Instagram, we share events plus health and wellness information and love interacting with members, wherever you are! Follow us on Instagram and Twitter, at @bemilestone



Under construction

A more user-friendly Milestone website is in the works with easy access to info you are accustomed to seeing in pamphlets, flyers and bulletins. Also under development ~ an improved, interactive Group Exercise Schedule with concise class descriptions, skill levels, intensity, etc. You can add info directly to your smart-phone calendar, find an online calendar of events and possibly sign up and pay for workshops or classes online.



\$100 Gift Card!

"Like" us at Facebook.com/BaptistMilestone and get entered to win a \$100 Milestone gift card. If you already "like" us, when you enter Milestone show the Service Desk you've "checked in" to us on Facebook to be eligible for the contest.

As Milestone moves through this exciting transition, we appreciate your support and feedback. In return we are committed to providing you with the best health and wellness services in Louisville.



Pools Shutdown

Monday, July 7–Sunday, July 13

Aquatic Facility is sprucing up! It will re-open Monday, July 14 at 5:30 am.

Facility Mini Shutdown

Friday, July 11, 2 pm–Sunday, July 13

Please excuse a closed summer weekend for some must-do general cleaning. The Wellness Center re-opens Monday, July 14 at 5:30 am.

Make sure the Service Desk has your current e-mail address, and your name will be entered in a drawing for three months of free membership!





TRX Demos ~ free

July 14 and 16, 10–10:25 am
July 16, 5–5:25pm

What's all the hype over TRX training? Come let Jennifer Lowe show you at one of three free demonstrations. Limit 12 per session; pre-register at Service Desk.

Summer TRX special: 6 classes for \$60, must be used in 30 days; or 10 classes for \$100, must be used in 60 days. Pick up TRX schedule in the Information Area to see the more than 15 classes weekly. Demos and specials are for members only.

CrossFit is Here!

\$20 per session for members
\$25 per session for non-members

Take your workout to the next level with CrossFit! Learn new routines each session and create a hard-core workout in minimal time. Your coach focuses on techniques combining cardio, weight lifting and gymnastics. Try your first session free!

Package rates: members get 10 sessions for \$150; or non-members 10 sessions for \$200. New schedule now at the Information Center in the Lobby. To learn more, email crossfitstmatthews@gmail.com.

Share the Health

60 West Bistro & Martini Bar

Refer someone who becomes a member in July and receive a \$40 Gift Card to 60 West Bistro & Martini Bar, 3939 Shelbyville Rd. in the heart of St. Matthews.

Member of the Month

Karen Hensel

Way to go Karen! With new healthy eating habits and an exercise program guided by her personal trainer, Alison Cardoza, Karen has been able to see and feel great results. Read more of her story in the Lobby.

July 2014 health and fitness calendar

1 Tuesday

Swim Registration opens
Sign-up sheets available at the Service Desk all month for children's swim lessons sessions that will begin in the fall. More info: call x132.

4 Friday

Happy Fourth!
Open 8 am–3 pm; see special class schedules.

7 Monday

Aquatic Shutdown
All pools closed one week for maintenance.



8 Tuesday

HMR® Orientation 5–6 pm
Find out about our very successful weight-management program at this free introductory session. Attend and receive a coupon for a BeneFit™ bar! Sign up today at the Healthy Solutions® office or call x124.

11 Friday

The Lunch Group 11 am–noon
Stop by, relax and enjoy the soup and sandwich menu at the Café. More info: call x117.

Shutdown! 2 pm
Facility closes early for annual maintenance and cleaning; re-opens Monday.



14 Monday

HMR Orientation noon–1 pm
See July 8.

Facility Re-opens 5:30 am
With the aquatic pools and facility maintenance complete ~ come enjoy our re-freshed good looks!

18 Friday

Family Swim Night 6–8 pm
\$5 for non-members & children
Come inside and stay cool at the pool. Bring your kids, family and friends (parents stay in the pool area with children under 15). More info: x132.

19 Saturday

NEED Educational Seminar
9:30–10:30 am
Free Information Seminar

Learn how nutrition, exercise and education can help deter diabetes. More info: call Maria Bernard, x115 or Baptist Health Louisville, 897-8131.

20 Sunday

Restorative Yoga 1:30–3:30 pm
\$30 pre-registered members
\$35 day of workshop and non-members
Nourish your mind, body and spirit with Registered Yoga Instructor Tami Combs. Class Room D. More info: email Tami, mailtaminow@yahoo.com.

22 Tuesday

HMR Orientation 5–6 pm
See July 8.

23 Wednesday

Better Breathers 2–3:30 pm
Topic: Indoor Health, How Plants Make a Difference. Free. More info: Baptist Information Center, 897-8131, or www.baptisteast.com.

25 Friday

Zumba 7–8 pm
Room A; free for members/\$5 guest.
Join the Latin dance workout! More info: call Sue, x114.

28 Monday

HMR Orientation noon–1 pm
See July 8.

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!

