



Oasis Spa Special

10% off Special Services

Soothe your skin after a long, hot summer. Brighten skin tone, minimize pores and reduce fine lines. Enjoy 10% any Microdermabrasion service and all peels (glycolic, triad, poly-organic and brightening). Call or stop by the Oasis Spa today to schedule an appointment, x121. Hurry! Offer ends Oct.31.



BodyShape Workshops

Exercises for Fat Loss

Saturday, Oct. 11, 10-11 am

\$30 members / \$35 non-members

Gaining Muscle with Exercise

Saturday, Oct. 25, 10-11 am

\$30 members / \$35 non-members

Discover the latest research and tips to benefit your healthy lifestyle with Jamal Thruston, Weight Management Specialist. Hurry! Seating is limited so sign up today at our Service Desk! See program flyer for details or call Jamal, (270) 315-6929.

Golf Fitness Workshop/ Golf Clinic

4-Week Program

Begins Monday Oct. 27, 6:30 pm

Sessions: Mondays, 6:30-7:45 pm

Class Room B

\$300 members/\$340 non-members

Take your golf game to the next level. Learn golf specific exercises, stretches, warm-up techniques and swing mechanics. Join Chris Hamburger, Head PGA Pro at Valhalla Golf Club and Kyle Newell, PGA member and head of instruction at Golftech. To learn more, call Dan Horton, CPT and TPI, Golf Specialist, (502), 548-6158. Sign up today at the Service Desk!



Celebrate World Osteoporosis Day!
Courtesy of Baptist Health Louisville
Physical Therapy Department

Don't be a skeleton!
Check your bone health!

Free Bone Density Screening
Friday, Oct. 31, 10:30 – Noon
Lobby

Learn to Exercise

Free Orientation

Monday, Oct. 27, 7-8:15 pm

6-Week Program begins

Monday, Nov. 3, 7 pm

\$59 members/\$99 non-members

Are you ready to begin an exercise program but not sure where to begin? Team up with a friend and start with this upcoming program tailored for beginners. See program flyer for details or call Glenda Wagner, Certified Living Everyday, The Cooper Institute, 753-7552 or gwagner@baptistmilestone.com

Halloween Costume Contest

Friday, Oct. 31, Noon

Judging in the Lobby

Open to members and staff

Judges will be walking around to see all the costumes so you do not have to be in the lobby to win! Special prizes for 1st & 2nd place winners!

Happy
Halloween!



Mark Your Calendar!

Swim Lessons

6-Week Classes

Polliwogs, Jellyfish and Goldfish

Begins Sunday, Nov. 2, 3:30 pm

\$65 members/\$75 non-members

Chili Cook-Off

Support Cystic Fibrosis and
Team Josh

Wednesday Nov. 5, 11 am– 1 pm

\$5 Donation for Sampling/Lobby

Social Dance Class Holiday Party

Sunday, Dec. 7, 4-6 pm

Bring your friends!

Class Room A

See program flyers at Information Center in lobby for details.





Health and Wellness Calendar

October 2014

3 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.

5 Sunday

Social Dance Class, 5-6 pm
Sundays, Class Room A
\$60 per couple/\$75 non-members
Join Jane Blum, Professional Dancer and Teacher and learn the West Coast Swing. Sign up today at our Service Desk! See program flyer at our Information Center in lobby.

6 Monday

HMR® Orientation, Noon–1 pm
Weight Management Program
Find out about our very successful Healthy Solutions program at this free intro. Sign up today at our Healthy Solutions program office or call x124.



10 Friday

Lunch Group, 11 am– Noon
Relax and enjoy the Café soup and sandwich menu. More info x117.

11 Saturday

BodyShape Workshop, 10–11am
Exercises for Fat Loss
\$30 members/\$35 non-members.
See side one.

14 Tuesday

HMR Orientation, 5–6 pm
See Oct. 6.



17 Friday

Family Swim Night, 6–8 pm
\$5 non-members and children.
See Oct. 3

18 Saturday

Liquid Lifestyles Swim Clinic,
9 am– 7 pm
Fitness swimmers, multi-sport athletes and competitive swimmers, this premier clinic is for you! See program flyer for details or pre-register; call (440) 935-1097.

19 Sunday

Liquid Lifestyles Swim Clinic,
9 am– 6:30 pm
See Oct 18.



20 Monday

HMR Orientation, Noon–1 pm
See Oct. 6.

20 Monday

HMR Blitz® Orientation, 5:30– 6:30pm
Weight Management Program
4-Week Class begins Mon., Oct 27
Get a jump start on your holiday weight loss. Blitz is open to past participants only. Sign up today at our Healthy Solutions program office or call x124.

22 Wednesday

Better Breathers, 2-3:30 pm
Join us for Relaxation and Guided Imagery with Dan Guy.
Free. More info: Baptist Health Information Center, 897-8131.

25 Saturday

BodyShape Workshop, 10–11am
Gaining Muscle with Exercise
\$30 members/\$35 non-members
See side one.

27 Monday

Golf Fitness Workshop and Clinic, 6:30 pm
4 Week Sessions
Mondays, 6:30 -7:45 pm
\$300 members/\$340 non-members
See side one.



27 Monday

Learn to Exercise, 7–8:15 pm
Free Orientation
6-Week program begins Monday, Nov. 3, 7 pm
See side one.

28 Tuesday

HMR Orientation, 5–6 pm
See Oct. 6.



31 Friday

Bone Density Screening,
10:30 am –Noon
Lobby
See side one.

31 Friday

Halloween Costume Contest, Noon
Lobby
See side one.



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.

