



Love is in the Air this Valentine's Day

Saturday, February 14

Special Pampering Offer

30-Minute Massage / Express Facial Combo
Only \$99

Pucker Up

Join us in the lobby for a complimentary lip treatment and cosmetic application from Leslie Guiot, Oasis Spa Esthetician. As a bonus, receive a GWP Anti-Wrinkle Booster for lips (\$59 savings!) with any \$50 purchase of Dr. Babor products.

Monday, February 9, 4:30 – 6:30 pm
Wednesday, February 11, 9 – 11 am



Beautifully wrapped gift cards are available for a variety of luxurious spa services, membership, personal training, child care, Cafe and much more! Stop by the Service Desk or Oasis Spa today or call x121.



BodyShape Series

Nutrition for Fat Loss

Friday, Feb. 20, 6 – 7 pm
or Saturday, Feb. 21, 10 – 11 am
\$30 members/\$35 non-members

Learn the latest research on nutrition and how to maximize fat loss with proper eating habits.

Defeating the Plateau

Friday, Feb. 27, 6 – 7 pm
or Saturday, Feb. 28, 10 – 11 am
\$30 members/\$35 non-members

Discover tips on how to defeat a fat loss plateau.

Join Jamal Thruston, Weight Management Specialist and Personal Trainer. Pre-register today at the Service Desk. To learn more, see program flyer or call Jamal, (270) 315-6929.

Yoga for Relaxation

Sunday, Feb. 15, 2 – 4 pm
Workshop/Class Room C
\$30 members / \$45 non-members

Relax and recharge yourself with Matt Harris, CYT. Eye pillow or towel and socks for warmth are recommended.

Hurry! Enrollment is limited so pre-register today at the Service Desk.

Adult Swim Lessons

Feb. 16 – March 11
\$80 members / \$90 non-members

Mondays and Wednesdays
Beginner 7:30 – 8 pm
Intermediate 8 – 8:30 pm

See program flyer for details.
Enrollment is limited so pre-register today at the Service Desk.

Strength Training for Runners

Saturday, Feb. 14, 8 – 9 am
Free Informational Seminar

Get ready for spring races of all distances with Chelsea Grover, CPT. To learn more, see program flyer or email, chelseagrover21@gmail.com.

Seating is limited so pre-register today at the Service Desk.

Ask the Trainer

Monday, Feb 9, 9 am – 1 pm
Wednesday, Feb. 11, 4 – 8 pm
Lobby

Do you need an extra boost to exercise or review your current program? Our trainers are happy to schedule a session with you. Let us help you get motivated this year!



Learn more about our programs at our Information Center in Lobby or visit baptistmilestone.com



Health and Wellness Calendar

February 2015

1 Sunday

Social Dance Class, 5 – 6 pm
4-Week Sessions
Sundays, Class Room A
\$60 per couple/\$75 non-members
Join Jane Blum, Professional
Dancer and Teacher and learn
the Cha Cha. New dances are
offered each month. Sign up
today at the Service Desk. More
info: call Sue, x114.

2 Monday

HMR® Orientation, 5:15 –6:15 pm
Weight Loss Program
Find out about our very successful
Healthy Solutions program at this
free informational session. Call
Lynn to pre-register, x124.

6 Friday

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

7 Saturday

**NAMI Family Support Group
Meeting**, 11:00 am – 12:30 pm
For friends and family affected by
someone's mental illness.
Everyone welcome. More info:
call Gioia, (502) 588-2008.

9 Monday

Ask the Trainer, 9 am – 1 pm
Lobby
See side one.



9 Monday

HMR Orientation, Noon –1 pm
See Feb. 2.

9 Monday

**Lip Treatment and Cosmetic
Application**, 4:30 – 6:30 pm
Lobby
See side one.

11 Wednesday

**Lip Treatment and Cosmetic
Application**, 9 – 11 am
Lobby
See side one.



11 Wednesday

Ask the Trainer, 4 – 8 pm
See side one.

13 Friday

The Lunch Group, 11 am – Noon
Enjoy the soup and sandwich
menu at the Café. More info x117.

13 Friday

Zumba, 7 – 8 pm
Free for members/\$15 guest
Join the Latin dance fun! Classes
on 2nd & 4th Fridays each month.

14 Saturday

Happy Valentine's Day
Don't forget to purchase a gift
card for your sweetie! Call x121

14 Saturday

**Strength Training for Runners
Informational Seminar**, 8 – 9 am
Free/Lobby
See side one.



15 Sunday

Yoga for Relaxation, 2 – 4 pm
Workshop/Class Room C
\$30 members/\$45 non-members
See side one.

16 Monday

HMR Orientation, 5:15 – 6:15 pm
See Feb. 2

16 Monday

Adult Swim Lessons, 7:30 pm
\$80 members/\$90 non-members
See side one.

20 Friday

BodyShape Series, 6 – 7 pm
Nutrition for Fat Loss Seminar
\$30 members/\$35 non-members
See side one.

20 Friday

Family Swim Night, 6 – 8 pm
\$5 for non-members & children
See Feb. 6

21 Saturday

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

23 Monday

HMR Orientation, Noon –1 pm
See Feb. 2.

25 Wednesday

Better Breathers, 2 – 3 pm
"How Do I know it's Pneumonia
and What Do I Do?" is today's
topic with Dr. Dale Haller,
Pulmonologist, Louisville Pulmonary
Care. Learn about COPD
Management. Free. More info:
897-8131.

27 Friday

BodyShape Series, 6 – 7 pm
Defeating the Plateau Seminar
\$30 members/\$35 non-members
See side one.

27 Friday

Zumba, 7 – 8 pm
Free for members/\$15 guest
See Feb.13.

28 Saturday

BodyShape Series, 10 – 11 am
Defeating the Plateau Seminar
\$30 members/\$35 non-members
See side one.

Unless otherwise noted in the newsletter, all sessions are free. Most meetings are held in the first-floor Conference Rooms. Please bring your friends, we welcome everyone!

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

