



## Derby Fever Challenge

April 1 – 22

Get in the spirit of Derby! Join us for a fun challenge and feel the energy in our group exercise classes! Fabulous prizes will be awarded to the male and female with the most points!

Rules to participate:

- 1) Pick up a Derby Challenge card in one of our classrooms or aquatic area.
- 2) After you have completed a class, the instructor will punch a unique horseshoe on your card. Each classroom and aquatic area will have a unique hole punch so the goal is to try as many different classes as you can.
- 3) All cards must be dropped off at the Service Desk by the end of day on April 23<sup>rd</sup>. Be sure to include your name on the reverse side of your card. Milestone is not responsible for lost cards.

**Bonus Tip** Each horseshoe is worth 1 point but try for a 10 point bonus by participating in different classes to receive all 6 unique hole punches!

To learn more, see a class instructor for details! Good luck and have fun!

**Women's:**  
Gift card to Primp, bottle of wine, El Camino gift card, lululemon, Oasis Spa Massage, Summer Eliason Jewelry gift.

**Men's:**  
Jenkins Eliason gift, bottle of alcohol, El Camino gift card, lululemon, Oasis Spa Massage.



*Ahhhhhhhhh spring ~ It's time to shake off the winter blues and have fun with exercise! Let us help! April's offerings are full of energetic and creative ways to unload stress, eat healthy, learn about nutrition and enjoy some pampering as you spring into shape!*

## BodyShape Series

### Exercise for Fat Loss

Friday, April 10, 6 – 7 pm  
or Saturday, April 11, 10 – 11 am  
\$30 members/\$35 non-members

Learn the latest research on methods to maximize fat loss with exercise.



### Nutrition for Fat Loss

Friday, April 17, 6 – 7 pm  
or Saturday, April 18, 10 – 11 am  
\$30 members/\$35 non-members

Learn the best nutrition habits for maximizing fat loss!

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.

## Thank You from Dean

"I want to thank everyone for supporting my Cyclathon and your generous donations of over \$6,800 to the Kentucky Multiple Sclerosis Society."

Dean Brooks, Cycling Instructor

## Swim Lessons

April 12 – May 17  
Polliwogs, Jellyfish & Goldfish  
6 Sessions, Sundays

Jellyfish 4 – 4:30 pm  
Polliwogs 4:30 – 5 pm  
Goldfish 5 – 5:30 pm

All swim lessons are taught by a Certified Red Cross Water Safety Instructor. See program flyer or visit [baptistmilestone.com](http://baptistmilestone.com) for additional information. Pre-register today at the Service Desk.



## Oasis Spa Brow Perfection

Compliment your Derby style with perfectly designed eyebrows by our expert estheticians at the Oasis Spa. We offer customized waxing and tinting to make anyone's brows look their best.

Call to schedule an appointment today, x121. To learn more about additional spa services, visit [baptistmilestone.com](http://baptistmilestone.com).



## Happy Easter!

Sunday, April 5

Milestone will be closed. We wish you and your family a wonderful holiday.



Learn more about our programs at the Information Center in the Lobby or visit [baptistmilestone.com](http://baptistmilestone.com)



## 1 Wednesday

### Derby Fever Challenge Begins

See side one.

## 3 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.

## 4 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.

## 5 Sunday

### Happy Easter!

Closed.



## 6 Monday

### HMR® Orientation, Noon – 1:00 pm

Weight Loss Program Find out about our very successful Healthy Solutions program at this free informational session. Call Lynn to pre-register, x124.

## 10 Friday

### The Lunch Group, 11am – Noon

Enjoy our soup and sandwich menu with friends. More info: x117.

### BodyShape Series 6 – 7 pm

Exercise for Fat Loss Seminar \$30 members/\$35 non-members See side one.



## 10 Friday

### Zumba, 7 – 8 pm

Free for members/\$15 guest Join the Latin dance fun! Classes on 2<sup>nd</sup> & 4<sup>th</sup> Fridays each month.

## 11 Saturday

### BodyShape Series, 10 – 11 am

Exercise for Fat Loss Seminar \$30 members/\$35 non-members See side one.



## 12 Sunday

### Poliwog, Jellyfish & Goldfish

Swim Lessons begin, 4 pm See side one.

## 13 Monday

### Weigh-In

Lobby Free body composition weigh-ins on the Tanita scale. Keep track of your progress! Trainers will be available throughout the day to answer questions.



### Accessorize for Derby, 8 am – 7 pm

Lobby Looking for the perfect accessories for your Oaks and Derby outfit? We have you covered! Shop for hats and fascinators by Maureen's Creations, beautiful jewelry from Summer Eliason and distinctive custom glass beads from Fran Ferrell.

## 14 Tuesday

### Maureen's Creations, 8 am – 1 pm

Lobby See April 13.

## 15 Wednesday

### Weigh-In

Lobby See April 13.



## 17 Friday

### BodyShape Series, 6 – 7 pm

Nutrition for Fat Loss Seminar \$30 members/\$35 non-members See side one.

### Family Swim Night, 6 – 8 pm

\$5 for non-members & children See April 3.

## 18 Saturday

### BodyShape Series, 10 – 11 am

Nutrition for Fat Loss Seminar \$30 members/\$35 non-members See side one.

## 20 Monday

### HMR® Orientation, Noon – 1 pm

See April 6.



## 24 Friday

### Zumba, 7 – 8 pm

Free for members/\$15 guest See April 10.

## 25 Saturday

### Lifeguard Training, 8 am – 5 pm

Call Mary Duke for details, x132.

## 28 Tuesday

### HMR® Orientation, 5:15 – 6:15 pm

See April 6.

## Special Oaks/Derby Hours

Friday, May 1, 5:30 am – 6 pm

Saturday, May 2, 7 am – 3 pm

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.

