



Thank you to our members and the community for voting us “Best Fitness Club” of Louisville! It is truly the energy and enthusiasm from our members that inspires our team to be THE BEST!

Oasis Spa Special

Save 10% on Services

Take a mini-vacation and retreat to our luxurious Spa and unwind this summer. Enjoy a hot stone massage, soothing European facial, rejuvenating microdermabrasion and much more. Offer applies to any single service of \$40 or greater. Excludes Express facial, Waxing and Tinting. Call our Oasis Spa today, x 121.



Social Dance Classes

Sunday August 2, 5 – 6 PM
Sessions begin today / Room A
\$60 Couple / \$75 Non-Members

Join professional dancer Jane Blum and learn the Foxtrot. New dances each month. Register at Service Desk today! More info: call Jane, 296-0047.

Restorative Yoga Workshop

75-Minute Class / Room D
\$20 Members/ \$30 Non-Members
2-Hour Class / Room C
\$30 Members / \$40 Non-Members

Invigorate yourself from head to toe with Tami Combs, Registered Yoga Instructor, E-RYT500.

Sunday, August 2, 1:30 – 3:30 PM
Friday, August 14, 1:30 – 2:45 PM
Friday, August 28, 1:30 – 2:45 PM
Sunday, August 30, 1:30 – 3:30 PM

Hurry! Class size is limited so register today at the Service Desk. No refunds. More info: email Tami: mailtaminow@yahoo.com.

Adult Swim Lessons

August 3 – 26
Mondays and Wednesdays
Beginners, 7:30 – 8:00 PM
Intermediate, 8 – 8:30 PM
\$80 Members / \$90 Non-Members
Register at Service Desk today!
More info: call Mary Duke, x132.

Fitness Check-Up

Ask the Trainer and Free Body Composition Testing
Wednesday, August 5
9 AM – Noon and 4 – 7 PM
Lobby

Need motivation? We can help you reach your fitness goals and design a fresh exercise routine for you. Stop by and visit our Fitness Coaches today!



Learn to Exercise

Free Orientation
Monday, August 17, 6:30 – 7:45 PM
6-Week Program Begins
Monday, August 24, 6:30 – 7:45 PM
\$59 Members / \$99 Non-Members

New to exercise? Start with this upcoming session with other beginners. Call Glenda Wagner, Educator, Certified Living Everyday, The Cooper Institute, 753-7552 or gwagner@baptistmilestone.com.



Health & Wellness

Calendar of Events August 2015

1 Saturday

NAMI Family Support Group

Meeting, 11AM – 12:30 PM

For friends and family affected by someone's mental illness. Everyone welcome. More info: call Michael, (502) 588-2008.

2 Sunday

Restorative Yoga Workshop

Class Room C, 1:30 – 3:30 PM

\$30 Members / \$40 Non-Members

See side one.

Social Dance Class

Session begins, 5 – 6 PM

\$60 Members / \$75 Non-Members

See side one.

3 Monday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

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

Adult Swim Lessons

Session begins, 7:30 – 8 PM

\$80 Members / \$90 Non-Members

See side one.

5 Wednesday

Ask the Trainer & Free Body Comp.,

9 AM – Noon & 4 – 7 PM

Lobby

See side one.

7 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).

10 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

See August 3.

14 Friday

The Lunch Group

Conference Room, 11 AM - Noon

Enjoy our soup and sandwich

menu with friends. More info:

call Café, x117.

Restorative Yoga Workshop

Class Room D, 1:30 – 2:45 PM

\$20 Members / \$30 Non-Members

See side one.

ZUMBA

Class Room A / 7 – 8 PM

Free for members / \$5 guest

Join the Latin dance fun! Class meets on 2nd Friday each month.

More info: call Sue, x114.

17 Monday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See August 3.

Learn to Exercise

Free Orientation, 6:30 – 7:45 PM

See side one.

21 Friday

Fall Fitness Challenge

Sign-ups begin at the Service Desk.

Program begins in Sept.

Watch for more info coming soon!

Family Swim Night, 6 – 8 PM

See August 7.

24 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

or 5:15 – 6:15 PM

Call for session time, x124.

26 Wednesday

Better Breathers Meeting

Conference Room, 2 – 3:30 PM

Topic: New Pulmonary Medications with Laura Larcara, BS, RPh,

Pharmacist, Baptist Health Louisville.

More info: Baptist Information Center, 897-8131. Free and open to the public.

28 Friday

Restorative Yoga Workshop

Class Room D, 1:30 – 2:45 PM

\$20 Members / \$30 Non-Members

See side one.

30 Sunday

Restorative Yoga Workshop

Class Room D, 1:30 – 3:30 PM

\$30 Members / \$40 Non-Members

See side one.

31 Monday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See August 3.

Labor Day is Monday, Sept. 7

Holiday Hours, 8 AM – 3 PM

Special class schedule will be available soon.

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.



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