

Health & Wellness Newsletter

December 2015



Stay stress free over the holiday season and let Milestone play Santa this year! This can be your one-stop shop for Christmas gifts including Stocking Stuffers, Student Passes, Holiday Kids Club and much more! So you can relax, savor and enjoy a very happy, healthy holiday season!

The gift of good health is always the perfect gift for your loved ones! We recommend a gift card to Milestone for membership, pampering with Oasis Spa services, the ideal workout with a personal trainer, Child Care, delicious Café treats and much more! Beautifully packaged gift cards are available at the Service Desk or Oasis Spa. Call today, x 121.

Holiday Hours



THURSDAY, DEC. 24

5:30 AM – 2 PM
Child Care
8 AM – 1 PM
Café
7 AM – 1 PM



FRIDAY, DEC. 25

CLOSED
Merry Christmas!



THURSDAY, DEC. 31

5:30 AM – 6 PM
Child Care
8 AM – 1 PM
Café
7 AM – 4 PM



FRIDAY, JAN. 1

8 AM – 3 PM
Child Care
9 AM – Noon
Café
9 AM – 2 PM



The Perfect Stocking Stuffer

5 Guest Visits for only \$25!

Share the Milestone experience with a lucky someone, for almost 75% off the regular price! Purchase Stocking Stuffer cards from any staff member. May be redeemed Dec. 26 through Jan. 31. See flyer or staff member for details. Limited supply so get them while they last!

New Year! New You!

Sign-ups begin Friday, Dec. 18
Kick-off Saturday, Jan. 23
\$20 members/\$129 non-members

Get a jump start on your best year yet, 2016! Fitness challenge begins Monday, January 18. See flyer for details or call Melanie, x142.

Social Dance Party

Sunday, Dec. 6, 4 – 6 PM
Class Room A

Enjoy the rhythms of Cha Cha, Swing, Rumba, Walz, Foxtrot and Slow Dance with Jane Blum, Professional Dancer and Teacher. Refreshments will be served. Guest are welcome so bring your friends. Hurry! RSVP for party at the Service Desk before Dec. 5. More info: Call Sue. x114.

Fitness Check-Up

Ask the Trainer and Free Body Composition Testing / Lobby
Wednesday, Dec. 2
9 AM – Noon and 5 – 7 PM

Are you reaching your fitness goals? Let our experts help!

Holiday Kids Club

Dec. 21 – Jan. 3

Reduced rates for Child Care over the holidays, x 119.

BodyShape Series

Free Seminar/Bring your friends
Conference Room

Nutrition for Fat Loss
Friday, Dec. 4, 6 – 7 PM
or Saturday, Dec. 5, 10 – 11 AM

Reducing Emotional Eating
Friday, Dec. 11, 6 – 7 PM
or Saturday, Dec. 12, 10 – 11 AM

Join Jamal Thruston, Weight Management Specialist and Personal Trainer. Hurry! Enrollment is limited so register today at the Service Desk. More info: See program flyer or call Jamal, (270) 315-6929.

Home for the Holidays

Short-term memberships

Students coming home this month? Consider a 4 or 6 week holiday pass. Student ID required. See flyer for details or call 753-7554.

Calendar of Events

December 2015

1 Tuesday

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.

2 Wednesday

Ask the Trainer & Body Comp.,

9 AM – Noon & 5 – 7 PM

Lobby

Let our Fitness Coaches give you an extra boost over the holidays.

4 Friday

BodyShape Series Seminar

Nutrition for Fat Loss, 6 – 7 PM

Conference Room

Free! Bring your friends!

See side one.

Family Swim Night

Enjoy our indoor pools, 6 – 8 PM

\$5 for non-members and children.

Splash into our fabulous indoor pools! Bring kids, family and friends (parents stay in the pool area with children under 15 years).

5 Saturday

BodyShape Series Seminar

Nutrition for Fat Loss, 10 – 11 AM

Conference Room

Free! Bring your friends!

See side one.

NAMI Family Support Group

Meeting, 11AM – 12:30 PM

Conference Room

For friends and family affected by someone's mental illness.

Everyone welcome. More info:

Michael, (502) 588-2008.

6 Sunday

Social Dance Party

Everyone welcome, 4 – 6 PM

See side one.

8 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Dec. 1

9 Wednesday

Better Breathers Meeting

Everyone welcome, 2 – 3:30 PM

Conference Room

Join us for holiday fun & laughter!

Bring a \$5 gift to exchange. More info: 897-8817.

11 Friday

The Lunch Group

Conference Room, 11 AM - Noon

Enjoy our soup and sandwich menu

with friends. More info: Café x 117.

BodyShape Series Seminar

Reducing Emotional Eating, 6 – 7 PM

Conference Room

Free! Bring your friends!

See side one.

ZUMBA

Everyone welcome, 7 – 8 PM

Class Room A

Free for members / \$15 guest

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

More info: Sue, x114.

12 Saturday

BodyShape Series Seminar

Reducing Emotional Eating, 10 – 11 AM

Conference Room

Free! Bring your friends!

See side one.

14 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

See Dec. 1

15 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Dec. 1.

18 Friday

Family Swim Night

Enjoy our indoor pools, 6 – 8 PM

See Dec. 4

22 Tuesday

PJ Day in Child Care

PJ times, 8 AM – 1 PM & 4 – 7 PM

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Dec. 1.

24 Thursday

Christmas Eve

Open 5:30 AM – 2 PM

Special class schedule today.

25 Friday

Merry Christmas!

CLOSED

28 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

See Dec. 1.

29 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Dec. 1.