

Open House

Saturday, January 16 • 9 AM – 1 PM

Invite your friends to share in our New Year's celebration! Learn about upcoming events, tour our newly remodeled Oasis Spa and Center Café, try our award winning classes and much more!

Free JumpStart Workshop

10:00 – 11:15 AM

Join Life Coach, Stacey Vicari and invest some time in YOU!

Bring a friend! Pre-register today, myideallife.com.



**HAPPY NEW YEAR
2016**

New Year's Day Holiday Hours 8 AM – 3 PM

Child Care 9 AM – Noon • Café 9 AM – 2 PM

Special holiday class schedule

Luxurious Oasis Spa Special

Freshen your skin for the New Year! Enjoy 10% off a Zen Facial in January.

- Increases the flow of oxygen and blood to the facial area, neck and shoulders.
- Improves mental alertness, focus and relaxation.
- A profoundly relaxing technique combining gentle acupressure and essential oils to allow for deep relaxation. The session improves circulation into your face and prevents wrinkles and helps premature aging. Hurry! Offer ends 1.31.16.

Call the Oasis Spa today to schedule an appointment, x121.

New Year, New You!

Kick-off Seminar
Saturday, Jan. 23, 10 – 11 AM
6-Week Challenge begins Jan. 25
\$20 members / \$129 non-members
Conference Room
Be the best YOU in 2016!
Let us help keep you motivated to see results. Sign up today at the Service Desk. See flyer for details or call Melanie, x142.



Learn to Exercise

A Mind & Body Experience
Free Program Orientation
Monday, Jan. 11, 6:30 – 7:45 PM
6-Week Program begins Jan. 18
\$59 members / \$99 non-members
Program is tailored for beginners. Call Glenda today, 753.7552 or gwagner@baptistmilestone.com

BodyShape Workshop

Weight Management Workshop
Friday, Jan. 29, 6 – 7 PM or
Saturday, Jan. 30, 10 – 11 AM
Free / Conference Room
Join Weight Management Specialist Jamal Thruston as he shares his biggest lessons for weight management and tips for balanced nutrition. Sign up today at the Service Desk! More info: Call Jamal, (270) 315.6929.

Splashin' Swim Lessons

Polliwog, Jellyfish & Goldfish
Sundays, Jan. 24 – Feb. 28
Sessions begin 4 PM
Adult lessons
Mondays & Wednesdays, Feb. 1– 24
Sessions begin 7:30 PM
See program flyer for details.
Sign up today at the Service Desk.

Calendar of Events

January 2016

1 Friday

Happy New Year!

8 AM – 3 PM

Special holiday class schedule.

2 Saturday

NAMI Family Support Group

Meeting, 11 AM – 12:30 PM

Conference Room

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

Everyone welcome. More info:

Michael, (502) 588.2008.

5 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.

6 Wednesday

Ask the Trainer & Body Comp.,

9 AM – Noon & 5 – 6 PM

Lobby

Let our Fitness Coaches help get your New Year's resolutions started!

8 Friday

The Lunch Group

Conference Room, 11 AM – Noon

Enjoy our soup and sandwich menu

with friends. More info: Café x 117.

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.

10 Sunday

Social Dance Classes begin

Sunday sessions, 5 – 6 PM

Join us and learn the Waltz. New

dance classes each month. See

program flyer. Sign up at Service Desk.

11 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

See Jan. 5

Learn to Exercise

Program Orientation, 6:30 – 7:45 PM

See side one.

12 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Jan. 5

15 Friday

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).

16 Saturday

Open House

Bring your friends, 9 AM – 1 PM

See side one.

JumpStart

Life Coach Seminar, 10 – 11:15 AM

Free! Conference Room

See side one.

19 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Jan. 5

23 Saturday

New Year, New You!

Kick-Off Seminar, 10 – 11 AM

See side one.

24 Sunday

Children's Swim Lessons

Sessions begin, 4 – 4:30 PM

See side one.

25 Monday

HMR® Orientation

Weight Loss Program, Noon – 1 PM

See Jan. 5.

26 Tuesday

HMR® Orientation

Weight Loss Program, 5:15 – 6:15 PM

See Jan. 5.

29 Friday

BodyShape Series Seminar

Weight Management, 6 – 7 PM

Free! / Conference Room

See side one.

30 Saturday

BodyShape Series Seminar

Weight Management, 10 – 11 AM

Free! / Conference Room

See side one.

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.

