



## ARE YOU LIVING YOUR FITNESS VISION?

Create a new story for your body and start living it.

SATURDAY, MAY 16<sup>TH</sup> | SATURDAY, MAY 30<sup>TH</sup>  
NON-MEMBERS | MEMBERS

9 AM - 12 PM  
\$39

FOR MORE INFORMATION OR TO REGISTER:

CALL: 896-3900 EXT. 115

OR EMAIL [LGROFT@BAPTISTMILESTONE.COM](mailto:LGROFT@BAPTISTMILESTONE.COM)

CHILD CARE AVAILABLE / \$10 PER CHILD

Light refreshments served



## *Make your fitness vision a reality!*

Laura Wagner, licensed therapist, life coach and group fitness instructor, will guide you through a creative and inspiring process to craft a vision board that represents your ultimate well-being and how to make that vision a reality.

In this workshop, you will unravel limited beliefs about your body, your health and your fitness level and envision what's possible in all of those areas by:

- » Identifying how you want to feel about your health and vitality and how that translates into "real life"
- » Selecting images and words to visually represent what you want to create for yourself
- » Claiming five actionable steps that will help you propel your vision into what will become your health-reality
- » Learn how Milestone can help you achieve your fitness goals

## BodyShape Series

### Reducing Emotional Eating

Friday, May 15, 6 – 7 pm  
or Saturday, May 16, 10 – 11 AM  
Free!

Learn how to control emotional eating.



### What is the Best Diet?

Friday, May 22, 6 – 7 PM  
or Saturday, May 23, 10 – 11 AM  
Free!

Experience a scientific breakdown of the major diets for fat loss. Is there a best diet?

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.

## Swim Lessons

### Adult Swim Lessons

May 4 - 27  
Mondays & Wednesdays, 7:30 PM  
\$80 members / \$90 non-members

### Polliwogs, Jellyfish & Goldfish

May 24 – June 28  
Sundays, 4 PM  
\$75 members / \$85 non-members

### Learn to Swim

Session I: June 1 – 11  
Monday – Thursday, 5:30 PM  
\$80 members / \$90 non-members  
See program flyer for additional information. Pre-register today at the Service Desk.

## Summer Student Special

May 1 – August 31 / \$199  
Valid Student ID required  
Ages 15 – 26. New members only.  
Start today! Call 753-7554

## Happy Mother's Day

Sunday, May 10

Pamper mom with a 30-minute massage/express facial combo for \$99.



Beautifully wrapped gift cards are available at the Oasis Spa or Service Desk for spa services, membership, personal training, child care, café and more! Call today, x121.

## Special Hours

Friday, May 1  
Oaks Day, 5:30 AM – 6 PM

Saturday, May 2  
Derby Day, 7 AM – 3 PM



Monday, May 25  
Memorial Day, 8 AM – 3 PM

Special class schedules available.

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



# Make Healthy Choices...

# Health & Wellness Calendar of Events May 2015

## 1 Friday

**Oaks Day**, 5:30 AM – 6 PM  
Special class schedule today.

## 2 Saturday

**Derby Day**, 7:00 AM – 3 PM  
Special class schedule today.

## 4 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.

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



## 6 Wednesday

**Ask the Trainer & Body Composition Testing**, 9 – Noon & 4 – 7 PM  
Free / Lobby  
Do you have a question about your workout routine or need some guidance? Meet our trainers and weigh-in on the Tanita scale at the same time! Keep track of your progress!



## 8 Friday

**The Lunch Group**, 11 AM – Noon  
Enjoy our soup and sandwich menu with friends. More info: x117.

**ZUMBA**, 7 – 8 pm  
Free for members/\$5 guest  
Join the Latin dance fun! Class meets on 2<sup>nd</sup> Friday each month.

## 10 Sunday

**Happy Mother's Day**  
See side one for wonderful gift ideas.

## 11 Monday

**HMR® Orientation**, 5:15 – 6:15 PM  
Weight Loss Program  
See May 4



## 15 Friday

**BodyShape Series**, 6 – 7 PM  
Reducing Emotional Eating  
Free Seminar  
See side one.



**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.

## 16 Saturday

**Are You Living Your Fitness Vision?**  
Non-member Seminar, 9 AM – Noon  
\$39 Seminar / \$10 Child Care  
See side one.

**BodyShape Series**, 10 – 11 AM  
Reducing Emotional Eating  
Free Seminar  
See side one.

## 18 Monday

**HMR® Orientation**, Noon – 1:00 PM  
Weight Loss Program  
See May 4

## 22 Friday

**BodyShape Series**, 6 - 7 PM  
What is the Best Diet?  
Free Seminar  
See side one.



## 23 Saturday

**AARP Drivers Course**, 9 AM – 1 PM  
\$15 AARP / \$20 non-members  
Course reviews defensive driving, new traffic laws and more. No tests. To sign up for the course, visit [www.aarp.org/drive](http://www.aarp.org/drive) or email Joyce Plumb, (502) 245-8955.

**BodyShape Series**, 10 – 11 AM  
What is the Best Diet?  
Free Seminar  
See side one.



## 24 Sunday

**Polliwogs, Jellyfish & Goldfish Swim Lessons Begin**, 4 PM  
\$75 members / \$85 non-members  
See side one.

## 25 Monday

**Memorial Day**, 8 AM – 3 PM  
Special class schedule today.  
We wish you a wonderful and safe holiday.



## 26 Tuesday

**HMR® Orientation**, 5:15 – 6:15 PM  
Weight Loss Program  
See May 4

## 30 Saturday

**Are You Living Your Fitness Vision?**  
Member Seminar, 9 AM – Noon  
\$39 Seminar  
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.

