

Meet our New Dietitian

Wednesday, July 8, 9 AM – Noon and 4 – 7 PM
Lobby

We are excited to introduce the newest member of our Milestone team, Caitlin Lantier, MS, RDN, LD. Our dietitian service is tailored to help optimize your wellness by providing individual nutrition education and guidance.

Sessions are tailored for your individual needs:

- Weight loss/fat loss
- Personalized nutrition counseling
- Tips on eating for energy
- Break up the diet mentality
- Healthy lifestyle habits

Special Introductory Package: 3 Sessions for Only \$150 (Value \$185)
(First session: 75-90 minutes/Follow up sessions: 60 minutes)

Call Caitlin today: (315) 345-4818 or clantier@baptistmilestone.com.



Holiday Hours: 8 AM – 3 PM
Child Care: 8:15 AM – 1 PM



Special class schedules available:
baptistmilestone.com or in Lobby.

Ask the Trainer and Body Composition Testing

Wednesday, July 8, 9 AM - Noon
and 4 – 7 PM

Do you need advice on how to refresh your exercise program or increase motivation? Let our experts help! Meet with a Fitness Coach or Personal Trainer today!

Pilates Strength

Wednesdays and Fridays
8 – 8:45 AM / Class Room D
with Amanda

Come invigorate your mind, strengthen your core and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning; everything you need to achieve "Pilates Strength."



Christmas in July

Special Membership Offer!

Don't miss this great opportunity for your friends and family to try Milestone for only \$25!

Five-day membership cards may be purchased at the Service Desk or from any staff member. Hurry! Must be redeemed by 8.31.15.

If your guest joins for the year, you will receive a \$50 gift card to the Milestone!

To learn more about our special offer or our Share the Health referral program, call, 753-7554.



Annual Shutdown

It's time for deep
cleaning & repairs!



Pools Shutdown

Monday, July 20 – Sunday, July 26
Milestone members may use Mary T. Meagher Aquatic Center while our pools are closed. Be sure to take your membership card, towels & lock. Closed Sundays.

Steam Rooms Closed
Wednesday, July 22 – Sunday, July 26

Entire Facility Closed
Friday, July 24 @ 2 PM – Sunday, July 26

**Milestone will re-open
Monday, July 27 @ 5:30 AM.**

Health & Wellness

Calendar of Events July 2015

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

Holiday Hours

8 AM – 3 PM

Child Care

8:15 AM – 1 PM

Holiday class schedule is available on our website at baptistmilestone.com or at our Information Area in Lobby.

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 Michael, (502) 588-2008.

6 Monday

HMR® Orientation, 5:15 – 6:15 PM
Weight Loss Program
Find out about our very successful Healthy Solutions program at this free informational session. Call Lynn to pre-register, x124.

8 Wednesday

Ask the Trainer & Meet our New Dietitian, 9 AM – Noon & 4 – 7 PM
Lobby
See side one.

10 Friday

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

ZUMBA, 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.

13 Monday

HMR® Orientation, Noon – 1 PM
Weight Loss Program
See July 6.

17 Friday

Family Swim Night, 6 – 8 PM
See July 3.

20 Monday

Aquatic Pools Shutdown
and will re-open Monday, July 27 at 5:30 AM.
See side one.

HMR® Orientation, 5:15 – 6:15 PM
Weight Loss Program
See July 6.

22 Wednesday

Steam Rooms Shutdown
and will re-open Monday, July 27 at 5:30 AM.
See side one.

24 Friday

Entire Facility Shutdown, 2 PM
and will re-open Monday, July 27 at 5:30 AM.
See side one.

27 Monday

Milestone re-opens, 5:30 AM
Welcome back and thank you for your patience while we were Shutdown.

HMR® Orientation, Noon – 1 PM
Weight Loss Program
See July 6.

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