

Happy Fitmas & Healthy Holidays

Wishing you & your family a happy, healthy holiday season!

Treat Yourself

Let us help you stay relaxed over the holidays. Enjoy 10% off massages with our newest therapist, Olivia Sedlar. Call our Oasis Spa today to schedule an appointment, x121. Offer ends 12.31.19.

Holiday Bazaar

Monday, December 2, 8AM - 7PM and
Tuesday, December 3, 8AM - 1PM
Lobby / Bring your friends!

Wrap up your holiday shopping and find something for everyone on your list! Our one-stop shop will feature unique jewelry, custom made wreaths, activewear, children's gifts, holiday decor and much more!

Give the Gift of Wellness

10% Off Gift Cards
Monday, December 2

Keep your loved ones healthy with a gift card to Milestone. Stop by the Oasis Spa or Service Desk today.

Thank You!

On behalf of Milestone and the Salvation Army, we would like to thank you for your generous gifts that helped 200 children and 99 seniors have a brighter holiday season. Your generosity and holiday spirit are very much appreciated.

Ask the Trainer

Wednesday, December 4
8AM - 11:30AM
Lobby

Are you planning to travel over the holidays? We've got the best exercises you can do to stay in shape while you are away from Milestone.

Stocking Stuffers

5 Gift Passes for Only \$25 (\$100 Value)

Share your love for Milestone with someone special. Stocking Stuffers can be purchased from any staff member until December 25 and may be redeemed December 26 through January 31. See flyer for details.

New Year, New You!

6-Week Fitness Challenge
Sign up begins Friday, December 20
Kick-Off Seminar, Saturday, January 18
Program begins Monday, January 20
\$20 Members / \$149 Non-members

Get motivated now for 2020. Sign up at the Service Desk. See flyer for details.

Home for the Holidays

Short-term Memberships

Students coming home? Consider a holiday membership. Student ID required. More info: Call a Membership Sales Advisor today, 502.233.1500.

Holiday Hours

Christmas Eve
Tuesday, December 24

Club: 5:20AM - 2PM
Child: Care 8AM - 12PM
Cafe: 8AM - 1PM

Christmas Day
Wednesday, December 25
CLOSED

New Year's Eve
Tuesday, December 31

Club: 5:20AM - 6PM
Child: Care 8AM - 1PM
Cafe: 7AM - 4PM

New Year's Day
Wednesday, January 1

Club: 8AM - 3PM
Child: Care 9AM - 1PM
Cafe: 9AM - 2PM

Holiday class schedules available at www.baptistmilestone.com/group-exercise/daily-class-changes. Wishing your family a wonderful holiday season.

Holiday Kids Club

Monday, December 23 through
Monday, January 6

Special reduced rates for Child Care. Cards may be purchased at the Service Desk. See flyer for details.

2 Monday **HOLIDAY BAZAAR**

Lobby, 8AM - 7PM

See side one for details.

10% OFF GIFT CARDS

Don't miss this special offer **today only!**

See side one for details.

3 Tuesday **HOLIDAY BAZAAR**

Lobby, 8AM - 1PM

See side one for details.

4 Wednesday **ASK THE TRAINER**

Lobby, 8AM - 11:30AM

See side one for details.

5 Thursday **HMR INFORMATION SESSION**

Free / Conference Room

Milestone's Healthy Solutions program is successful because besides losing weight, you'll learn weight-maintenance techniques to help you keep the pounds off! Learn more by attending an Informational session. Open to members and non-members. More info: Call x124.

5 Thursday, 5:15PM - 6:15PM

7 Saturday, 10:30AM - 11:30AM

12 Thursday, 5:15PM - 6:15PM

14 Saturday, 10:30AM - 11:30AM

19 Thursday, 5:15PM - 6:15PM

21 Saturday, 10:30AM - 11:30AM

26 Thursday, 5:15PM - 6:15PM

28 Saturday, 10:30AM - 11:30AM

6 Friday **FAMILY SWIM NIGHT**

Enjoy our indoor pools, 6PM - 8PM

More info: Call x110 or visit our website.

7 Saturday **NATIONAL ALLIANCE ON MENTAL ILLNESS**

Support Group, 11AM - 12:30PM

Conference Room

For friends and family impacted by someone's mental illness. Everyone welcome. More info: 502.588.2008.

13 Friday **HOLIDAY SWEATER DAY**

'Tis the season to rock your holiday sweaters. Join our staff as we show our holiday spirit!

20 Friday **NEW YEAR, NEW YOU!**

6-Week Fitness Challenge

Sign up begins today at the Service Desk. See side one for details.

FAMILY SWIM NIGHT

Enjoy our indoor pools, 6PM - 8PM

More info: Call x110 or visit our website.

23 Monday **PAJAMA DAY**

Everyone is invited to join the kids in Child Care and wear your favorite comfy PJ's all day.

24 Tuesday **CHRISTMAS EVE**

Holiday Hours

See side one for details.

25 Wednesday **MERRY CHRISTMAS!**

Milestone is CLOSED today.

31 Tuesday **NEW YEAR'S EVE**

Holiday Hours

See side one for details.

Save the Date **DON'T SIT, GET FIT!**

6-Week Program

January 6 -February 13

2 Sessions Weekly

Monday - Thursday

6:45AM - 7:30AM, 1PM - 2PM

or 7PM - 8PM

\$240 Members /

\$360 Non-members

Do you want faster results? Enjoy the benefits of one-on-one personal training in a private small group setting. Maximize your weight-loss and gain motivation. Call one of our Personal Trainers to sign up, Eugene Dean, 424.0441, Christina Arnold, 299.4093 or Kelsey Smith, 558.3824.

2019 DECEMBER

