

2020

HAPPY NEW YEAR

Open House

Saturday, January 11, 9AM - 12PM
Free guest day

Share your Milestone experience with your family and friends. Learn about upcoming programs and events, tour our Oasis Spa, enjoy Pilates demo's, win prizes, free blood pressure and heart rhythm screenings and much more!

JumpStart Seminar

Saturday, January 11, 10AM - 11:15AM
Free! Conference Room

Want a more balanced life? If you are wanting to make some positive changes in your life, be sure to attend this motivational seminar with Life Coach Stacey Vicari. Sign up today, www.myideallife.com

Auto Immunity Seminar

Wednesday, January 15, 1-2PM
Free! Conference Room /Bring a friend

Join Judy Franklin, M.S., Certified Natural Holistic Chef for tips on making the right food choices to help manage symptoms of rheumatoid arthritis, lupus, MS, ulcerative colitis and Crohn's disease. Seating is limited so sign up today at the Service Desk. See flyer for details.

New Year, New You!

6-Week Fitness Challenge
Kick-Off Seminar, Saturday, January 18
10AM - 11AM /Conference Room
Program begins Monday, January 20
\$20 Members /\$149 Non-members

Get motivated for 2020 with our fun challenge. Be sure to attend our Kick-off Seminar featuring Brandon Howard, Certified Personal Trainer, as he presents "You vs You: Practical Ways to Make 2020 Your Best Year Yet." Sign up today at the Service Desk! More info: call Melanie, x142.

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 quicker 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.

Exercise Programming for Success Seminar

See calendar side for session dates
Free! Conference Room /Bring a friend

Join Andrew Crow, Certified Personal Trainer and learn how to design and implement a safe, effective, and efficient exercise routine. Sign up today at the Service Desk. See flyer for details. More info: call Andrew, 551.2674.

Ask the Trainer

Wednesday, January 8
8AM - 11:30AM
Lobby

Are you ready for a new YOU? Let us help get you started! Free body composition available today.

Happy New Year!

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.

1 January **HAPPY NEW YEAR!**

Club: 8AM - 3PM

See side one for additional hours.

2 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.

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

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

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

11 Saturday, 11:30AM - 12:30PM

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

18 Saturday, 11:30AM - 12:30PM

20 Monday, 12PM - 1PM

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

25 Saturday, 11:30AM - 12:30PM

3 Friday **FAMILY SWIM NIGHT**

Enjoy our indoor pools, 6PM – 8PM

Free for Members in Kids Club

\$5 Children (under 15 years)/\$10 Adults

More info: Call x110 or visit our website.

4 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

EXERCISE PROGRAMMING FOR SUCCESS

Free Seminar, 12:30PM - 1:30PM

Conference Room

See side one for details.

6 Monday **DON'T SIT, GET FIT!**

6-Week Program

Begins today, 6:45AM, 1PM or 7PM

\$240 Members /

\$360 Non-members

See side one for details.

8 Wednesday **ASK THE TRAINER**

Lobby, 8AM - 11:30AM

See side one for details.

11 Saturday **OPEN HOUSE**

Bring your friends, 9AM – 12PM

See side one for details.

JUMPSTART SEMINAR

With Life Coach Stacey Vicari

Bring your friends, 10AM – 11:15AM

See side one for details.

13 Monday **EXERCISE PROGRAMMING FOR SUCCESS**

Free Seminar, 11AM - 12PM

Conference Room

See side one for details.

15 Wednesday **AUTO IMMUNITY**

Free Seminar, 1PM - 2PM

Conference Room

See side one for details.

17 Friday **FAMILY SWIM NIGHT**

Enjoy our indoor pools, 6PM – 8PM

Free for Members in Kids Club

\$5 Children (under 15 years)/\$10 Adults

More info: Call x110 or visit our website.

18 Saturday **NEW YEAR, NEW YOU!**

Kick-off Seminar, 10AM – 11AM

See side one for details.

EXERCISE PROGRAMMING FOR SUCCESS

Free Seminar, 12:30PM - 1:30PM

Conference Room

See side one for details.

27 Monday **EXERCISE PROGRAMMING FOR SUCCESS**

Free Seminar, 11AM - 12PM

Conference Room

See side one for details.

2020 JANUARY

