

## OPEN HOUSE

Saturday, Jan. 28 ~ 9 AM – 1 PM

Invite your friends to share in our New Year's celebration! Learn about upcoming events, meet our staff, try new classes and much more!

Passion, Purpose and Power: Achieving the Life You Want, 10 – 11:15 AM

Join Life Coach Stacey Vicari for this free seminar and take your first step toward reinventing your life! If you would like to have more motivation, more energy, a more positive attitude and a more balanced life, don't miss this seminar! Register today, [www.myideallife.com](http://www.myideallife.com).



*Happy New Year!*

SATURDAY, DEC. 31 • 7 AM – 5 PM | Child Care 8:15 AM - 1 PM | Café 8 AM – 4 PM  
SUNDAY, JAN. 1 • 8 AM – 3 PM | Child Care 9 AM - 1 PM | Café 11 AM – 3 PM

### New Year, New YOU!

Kick-Off Seminar

Saturday, Jan. 21, 10 – 11 AM

6-Week Fitness Challenge begins Monday, Jan. 23

\$20 member / \$129 non-members

Start off your new year with our motivational program and join special guest speaker Jamal Thruston as he presents "A Resolute Weight Loss Plan for 2017." See program flyer for details. Hurry! Sign-up today at the Service Desk!



**new**

### Meditation Workshop

6-Week program begins Jan. 21

Saturdays, 12:15 - 1:15 PM

\$100 members / \$130 non-members

Join Certified Yoga Instructor Rory Foster and learn how to relax, calming breathing techniques, meditation and much more! Hurry! Enrollment is limited so sign-up today at the Service Desk!

### Thank You!

We walk (and exercise) among angels. That is, all of you, our members, who gave so generously during the holidays ~ thank you for making our community a warmer, happier and healthier place to live.

- *Salvation Army Angel Tree*~ more than 200 Angels adopted
- *Operation SEND Christmas*~ 43 boxes were filled with holiday gift items and shipped to U.S. soldiers in Afghanistan
- *WaterStep Collection*~ 200+ pairs of shoes have been donated to help people worldwide have safe water

### Children's Swim Lessons

Polliwog, Jellyfish and Goldfish

begins Sunday, Jan. 22, 4 PM

\$75 members / \$85 non-members

See flyer for details. Sign-up today at the Service Desk.

### Mind • Motivation • Movement

Free Orientation

Thursday, Jan. 5, 6:30 PM

4-Week Program

begins Monday, Jan. 9, 6:30 PM  
\$59 members / \$99 non-members

If you are a beginner exerciser, this program is for you! Learn how to overcome barriers, increase energy, develop a healthy lifestyle and much more! Join Glenda Wager, Certified Cooper Life Institute Personal Life Coach and start a new YOU today! Hurry! Enrollment is limited so sign-up today, 905.5051 or [gwagner@baptistmilestone.com](mailto:gwagner@baptistmilestone.com).



### Body Weight Beatdown

Body bar and Calisthenics Training begins Monday, Jan. 9, 7 – 8 AM

Are you ready to transform your body? Join Personal Trainers Andrew Crowe and Zach Farris for this new intense 6-week program. More info: Andrew, 551.2674 or Zach, 812.869.5730.





# 2017

## **1 Sunday**

### **Happy New Year!**

Holiday hours, 8 AM – 3 PM  
Special holiday class schedule today.

## **2 Monday**

### **HMR® Orientation**

Weight Loss Program, Noon – 1:00 PM  
Learn more about our award-winning weight-loss program that's trusted by physicians across the country. More info: x124.

## **4 Wednesday**

### **Ask the Trainer & Body Comp.**

8 – 11 AM & 4 – 6 PM / Lobby  
Let our expert trainers help you with your New Year's Resolution goals!

## **5 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Jan. 2.

### **Mind • Motivation • Movement**

Free Orientation, 6:30 PM  
See side one.

## **6 Friday**

### **Family Swim Night**

Enjoy our indoor pools, 6 – 8 PM  
Free for members  
Non-members: \$5 children/\$10 adults  
Bring kids, family and friends (parents stay in the pool area with children under 15 years). More info: x110.

## **7 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: 588.2008.

## **8 Sunday**

### **Social Dance Class**

4-Week sessions begin today  
Sunday, 5 – 6 PM / Class Room A  
\$60 per couple / \$75 two non-members  
Join Professional Dancer Jane Blum and learn the East Coast Swing. New dance classes each month. Sign-up today at the Service Desk. More info: Jane, 296.0047.

## **9 Monday**

### **Body bar and Calisthenics Training**

6-Week Program begins, 7 – 8 AM  
See side one.

### **Ask the Health Educator**

HMR Program Information, 9 AM – 12 PM  
Lobby  
Learn about our award-winning weight loss Program.

### **HMR® Orientation**

Weight Loss Program, Noon – 1:00 PM  
See Jan. 2.

## **12 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Jan. 2.

## **13 Friday**

### **The Lunch Group**

Conference Room, 11 AM – Noon  
Enjoy our delicious soup and sandwich menu with friends. More info: Café x117.

## **16 Monday**

### **Ask the Health Educator**

HMR Program Information, 9 AM – 12 PM  
See Jan. 9

### **HMR® Orientation**

Weight Loss Program, Noon – 1 PM  
See Jan. 2.

## **19 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Jan. 2.

## **20 Friday**

### **Family Swim Night**

Enjoy our indoor pools, 6 – 8 PM  
Free for members  
Non-members: \$5 children/\$10 adults  
See Jan. 6.

## **21 Saturday**

### **New Year, New YOU!**

Kick-off Seminar, 10 – 11 AM  
\$20 members / \$129 non-members  
See side one.

### **Meditation Workshop**

6-Week session begins today, 12:15 PM  
\$100 members / \$130 non-members  
See side one.

## **22 Sunday**

### **Poliwog, Jellyfish and Goldfish**

Swim sessions begin today, 4 PM  
See side one.

## **23 Monday**

### **HMR® Orientation**

Weight Loss Program, Noon – 1:00 PM  
See Jan. 2.

## **26 Thursday**

### **HMR® Orientation**

Weight Loss Program, 5:15 – 6:15 PM  
See Jan. 2.

## **28 Saturday**

### **Open House**

Everyone welcome, 9 AM – 1 PM  
See side one.

### **Passion, Purpose and Power: Achieving the Life You Want**

Seminar with Stacey Vicari, 10 – 11:15 AM  
See side one

## **30 Monday**

### **HMR® Orientation**

Weight Loss Program, Noon – 1:00 PM  
See Jan. 2



Baptist Health/Milestone  
**wellness center**