

January 2018

Winter Wellness Festival

Saturday, January 20, 9 AM – Noon

Start your new year with a fresh start! No matter your age or the season, it's never too late to add healthy habits to your daily routine. Join us for a morning of fun-filled events, health screenings, exercise demos and much more!

Members are invited to bring a guest in for a complimentary visit on January 20th. Member and guest can enter to win a **FREE MONTH OF MEMBERSHIP!**



NEW YEAR
2018
NEW YOU

Passion, Purpose & Power

JumpStart Toward the Life You Want!
Saturday, January 20, 10 – 11:15 AM
Conference Room

Would you like more time to pursue your passions, more money or perhaps figure out how to balance your life? Take your first step by joining Life Coach Stacey Vicari. Visit www.myideallife.com.

WaterStep Collection

January 1 – 31
Lobby

Take a step to end thirst! Donate your new or gently used shoes and help WaterStep fund life-saving water projects all over the world. Visit www.waterstep.org.

What's Your Favorite Channel?

We are taking a poll on tv channels for our lower level area. Please vote for your favorite channel on the voting slips in the lower level.

New Year, New You!

6-Week Fitness Challenge

Kick-Off Seminar
Saturday, January 13, 10 – 11 AM
Begins Monday, January 15
\$20 Members / \$129 Non-members

Be the best YOU in 2018! Start off your year with our motivational program and join guest speaker, Registered Dietitian Ali Sells. This fun challenge includes weekly weigh-ins, prizes and a New Year, New You T-shirt. See program flyer for details. Sign-up today at the Service Desk.

What's Your New Year's Goal?

January 3 – 10
Lobby

Make your health a priority. Share your New Year's resolution with us on our board in the lobby. Let's keep each other motivated throughout the year!

High Performance Cycling

Functional Threshold Power
Training with Dean Brooks
5 Week Sessions / Sundays
Begins January 21, 12 – 1:30 PM
\$75 Members / \$95 Non-members

Are you ready to take your training to the next level? Start with a fun, intense indoor cycling program! All levels welcome. See program flyer for details. Enrollment is limited so sign-up today at the Service Desk.

Social Dance Classes

4-Week Sessions / Sundays
Begins January 7, 5 – 6 PM
\$60 per couple / \$75 Non-members

Join Jane Blum, Professional Dancer and Teacher and learn the Cha Cha. Sign up today at the Service Desk. More info: Jane, 296-0047.

Happy New Year!

Sunday, Dec. 31 | Club 8 AM – 3 PM | Café 11 AM – 3 PM | Child Care 9 AM – 1 PM

Monday, Jan. 1 | Club 8 AM – 3 PM | Café 9 AM – 2 PM | Child Care 9 AM – 1 PM

750 Cypress Station Drive | Louisville, KY 40207 | www.baptistmilestone.com | 896-3900

1 Monday

Happy New Year!

Holiday Hours, 8 AM – 3 PM
Special class schedule.

3 Wednesday

Ask the Trainer

Lobby, 8 – 11:30 AM
Get motivated for a fresh start!
Stop by and share your New Year's resolution on our board. If you need additional motivation, schedule an appointment with a fitness trainer. We are here to help!

4 Thursday

HMR® Information Session

Get started today, 5:15 – 6:15 PM
Learn about our award-winning weight loss program that's trusted by physicians across the country. Call today to register, x124.

5 Friday

Family Swim Night

Enjoy our indoor pools, 6 – 8 PM
Free for members
Non-members:
\$5 children / \$10 adults
Have a fun night splashing in the pools with your family and friends.
More info: x110.

6 Saturday

National Alliance on Mental Illness

Support Group, 11 AM – 12:30 PM
Conference Room
For friends and family affected by someone's mental illness.
Everyone welcome. More info:
588.2008.

HMR® Information Session

Start today, 11:30 AM – 12:30 PM
See January 4.

7 Sunday

Social Dance Class

Sessions begins today, 5 – 6 PM
Class Room A
See side one.

8 Monday

HMR® Information Session

Start today, Noon – 1 PM
See January 4.

11 Thursday

HMR® Information Session

Start today, 5:15 – 6:15 PM
See January 4.

13 Saturday

New Year, New You!

Kick-Off Seminar, 10 – 11 AM
See side one.

HMR® Information Session

Start today, 11:30 AM – 12:30 PM
See January 4.

Meditation Class

Join Rory Foster, 12:15 – 1:15 PM
Class Room C
Begin your year with a reduced stress and anxiety. Open to anyone who knows how to meditate. More info: Call Sue x 114.

19 Friday

Family Swim Night

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

20 Saturday

Winter Wellness Festival

Bring your friends, 9 AM – Noon
See side one.

Passion, Purpose & Power

Seminar, 10 – 11:15 AM
Conference Room
See side one.

HMR® Information Session

Start today, 11:30 AM – 12:30 PM
See January 4.

21 Sunday

Functional Threshold Power Training

5 Week Sessions begin today
Join Dean Brooks, Noon – 1:30 PM
Class Room E
See side one.

22 Monday

HMR® Information Session

Start today, Noon – 1 PM
See January 4.

25 Thursday

HMR® Information Session

Start today, 5:15 – 6:15 PM
See January 4.

27 Saturday

HMR® Information Session

Start today, 11:30 AM – 12:30 PM
See January 4.

31 Wednesday

WaterStep Collection

Last day to donate at Milestone.
See side one.

Favorite Channel Vote

Last day to vote!
See side one.

January 2018

