

THANKFUL, BLESSED & *member obsessed*

Give Thanks All Month Long

November 1 - November 30
Lobby

What are you most thankful for? An essential component to being happy is being grateful. Share your treasures in life on our thankful poster.

We Love Our Members

Monday, November 4
Lobby

We'd be nothing without our members! Stop by for our Member Appreciation Kick-Off today! Stay tuned for giveaways & other fun activities throughout the month as we show our appreciation for YOU!

Salvation Army Angel Tree

November 1 - November 30
Lobby

Milestone will be supporting the **Angel Tree and Silver Bells** program to help children and seniors enjoy the holidays. Please help low income families by adopting these "Angels" and make the season brighter for both the gift giver and receiver. See flyer for details.

Get Ready for Spa-lidays

Let us help you relax and refresh for the holidays. Simply "check in" on Facebook when you arrive in the Oasis Spa and receive \$5 off your purchase of \$70 or more in services or products (excludes waxing). Offer ends 11.30.19. To make an appointment, call x121.

Ask the Trainer

Wednesday, November 6
8AM - 11:30AM

Keep smiling over the holidays by staying in good health and treating yourself to your holiday favorites in moderation. Our trainers will support a little wiggle room by offering you "Healthy Holiday Tips" and free body composition testing.

Thanksgiving Hours

Thursday, November 28

Club: 8AM - 3PM
Child: Care 8AM - 11AM
Cafe: 9AM - Noon

Watch for modified class schedules at www.baptistmilestone.com/group-exercise/daily-class-changes. We hope you and your family have a wonderful turkey day.

Save the Date

Holiday Bazaar | Lobby

Monday, December 2, 8AM - 7PM and
Tuesday, December 3, 8AM - 1PM

Enjoy holiday shopping and support local businesses. Unique gifts, holiday wreaths, beautiful jewelry and much more! Bring your friends! See flyer for details.

10% Off Gift Cards

Friday, November 29 and
Monday, December 2

What's better than the gift of health? Treat your loved ones to a gift card and receive 10% off! Stop by the Oasis Spa or Service Desk.

Intro Class Workshops

Free! 30-Minute Sessions

Have you ever wanted to try a Yoga, Step or Cycling class but not sure where to begin? Try one of our mini-workshops! See calendar on reverse side for details and class times.

LaBlast®

Saturday, November 23
Free! 11AM - 12:00PM
Class Room A

Join Master Trainer Desiree Nathanson for a fun dance class! See flyer for details.

1 Friday

ANGEL TREE AND SILVER BELLS PROGRAM BEGINS

Lobby

See side one for details.

FAMILY SWIM NIGHT

Enjoy our indoor pools, 6PM – 8PM

More info: Call x110 or visit our website.

2 Saturday

HMR INFORMATION SESSION

Conference Room, 10:30AM – 11:30 AM

Milestone's Healthy Solutions program is successful because besides losing weight, you'll learn weight-maintenance techniques to help you keep the pounds off! More info: Call x124.

4 Monday

MEMBER APPRECIATION

KICK-OFF

Lobby

See side one for details.

5 Tuesday

ELECTION DAY

Be sure to vote today!

6 Wednesday

ASK THE TRAINER

Lobby, 8AM - 11:30AM

See side one for details.

BOOK CLUB MEETING

Group Meeting, 7PM - 8:30PM

Upstairs Lobby

This month we will be discussing 'Beloved' by Toni Morrison. More info: email Ellen: ekvenhoff@gmail.com.

7 Thursday

HMR INFORMATION SESSION

Conference Room, 5:15PM - 6:15PM

See November 2 for details.

9 Saturday

INTRO TO YOGA CLASS

Free! 30-Minute Session, 9AM

With Cindy I Class Room D

See side one for details.

HMR INFORMATION SESSION

Conference Room, 10:30 AM - 11:30 AM

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INTRO TO STEP CLASS

Free! 30-Minute Session, 11:30AM

With Sue I Class Room B

See side one for details.

11 Monday

VETERANS DAY

In gratitude for all who have served our country, Milestone is offering free guest passes today for U.S. Military Veterans, active duty and reserves.

13 Wednesday

INTRO TO CYCLING CLASS

Free! 30-Minute Session, 6:45PM

With Christina I Class Room E

See side one for details.

14 Thursday

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LaBlast®

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Class Room A

See side one for details.

28 Thursday

Happy Thanksgiving!

CLUB: 8AM - 3PM

See side one for additional holiday hours.

29 Friday

10% OFF GIFT CARDS

Take advantage of this limited time offer.

See side one for details.

30 Saturday

ANGEL TREE AND SILVER BELLS PROGRAM

Today is the last day to drop off gifts at Milestone.

Lobby

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2019 NOVEMBER



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