



MAY 2017 • • •

#### Club Hours

Monday-Friday, 5AM-10PM

Saturday-Sunday, 8AM-8PM

## Mothers Can Influence Kids' Health in a BIG Way

By Rachael Mintzlaff, Certified Personal Trainer

**"Children are great imitators.  
So give them something great to imitate."**

— Anonymous

One of my fondest memories growing up is riding in a two-seater Burley trailer. I remember my mother attaching it to her bike and taking us on long bike rides around the neighborhood. I remember thinking, as we strolled by, "I can't wait until I can ride a bike all by myself just like my MOM."

From day one of our lives, our parents can be our greatest role models. Without even realizing it, we strive to be just like them in every aspect of life.

This imitation is also reflected in our lifestyle choices. Research suggests that the less physically active parents are, the more likely it will be that their children will also stay away from physical activity. On the contrary, parents who live an active lifestyle and teach their kids

healthy eating habits will pass on lessons that their children will carry with them for the rest of their lives.

You might be surprised to learn that your kids really do want to live a healthier lifestyle. Why don't you give it a try by taking your children to a park, fitness center and/or any play area and watch their eyes "light" up, especially when they see their parents participating in physical activity. Promote a daily lifestyle that encourages healthy habits at every opportunity like taking stairs instead of elevators, parking your car further away, reading food labels and cooking together.

On this Mother's Day I am thankful for a mom who taught me the importance of prioritizing my health and for all the other moms out there who are taking the time to teach their kids lifestyle behaviors that will help them live longer, healthier, and happier lives.



Join a  
small group training program  
and your  
**FIRST 3 SESSIONS ARE FREE**

(minimum 3 month commitment)

#### **Mother's Day Massage Special May 1-31**

3, 50-minute massages | \$199

3, 80-minute massages | \$249

3, 100-minute massages | \$299

#### **Spoil the Mom in Your Life**

**Wednesday, May 10**

**9-11AM and 5-7PM**

Vendors will provide on the spot services and have gifts available for purchase.

# Group Fitness at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO A</b>						
<b>Bootcamp</b> 6AM Andy  <b>Strength</b> 9AM Annika  <b>BODYPUMP™</b> 10AM Susan  <b>Barre</b> 11AM Margaret  <b>Power Salsa</b> 5:30PM Miguel  <b>Bootcamp</b> 6:30PM Andy	<b>BODYPUMP™</b> 6AM Danielle  <b>Barre</b> 8:30AM Kristin  <b>Stretch</b> 9:30AM Miguel  <b>BODYPUMP™</b> 5PM Susan  <b>Zumba®</b> 6PM Ariela  <b>Bootcamp</b> 7PM Maria	<b>Bootcamp</b> 6AM Katie  <b>Core (30)</b> 7AM Jeff  <b>BODYPUMP™</b> 8:30AM Miguel  <b>Dance Mix</b> 9:30AM Katie  <b>Yoga (75)</b> 11AM Melissa  <b>Barre</b> 5PM Michaelene  <b>BODYPUMP™</b> 6PM Maria  <b>Bootcamp</b> 7PM Andy	<b>Strength</b> 6AM Lynn  <b>BODYPUMP™</b> 8:30AM Tobie  <b>Fit Mix</b> 9:30AM Miguel  <b>Barre</b> 5:30PM Margaret  <b>BODYPUMP™</b> 6:30PM MaryBeth	<b>BODYPUMP™</b> 6AM Myrna  <b>Power Salsa</b> 8:30AM Miguel  <b>BODYPUMP™</b> 9:30AM Tina  <b>Yoga</b> 12:15PM Sarah	<b>Barre</b> 8:30AM Margaret  <b>BODYPUMP™</b> 9:30AM Angela  <b>SH'BAM™</b> 10:30AM MaryBeth  <b>Stretch</b> 11:30AM Jackie  <b>Pilates Sculpt</b> 12:30PM Miguel	<b>Bootcamp</b> 9AM Maria  <b>Turbo Kick®</b> 10AM Hillary  <b>Barre</b> 11AM Gloriela  <b>BODYPUMP™</b> 4PM Tina  <b>Stretch</b> 5PM Drew  <b>Yoga</b> 6PM Drew
<b>STUDIO B</b>						
<b>Yoga</b> 8:30AM Kristin  <b>Pilates</b> 9:30AM Kristin  <b>Core (30)</b> 5:30PM Bridget  <b>BODYFLOW™</b> 6PM Tina  <b>Beginner Yoga</b> 7PM Georgia	<b>Turbo Kick®</b> 9:30AM Hillary  <b>Yoga</b> 10:30AM Nicole  <b>Pilates</b> 5:30PM Miguel  <b>Yoga (75)</b> 6:30PM Alexis	<b>Turbo Kick®</b> 6AM Jennifer  <b>Strength</b> 9AM Hillary  <b>Stretch</b> 10AM Ling  <b>SH'BAM™</b> 6PM MaryBeth  <b>Yoga Stretch</b> 7PM Maria	<b>Yoga</b> 8:15AM Susan  <b>Turbo Kick®</b> 9:30AM Ling  <b>Gentle Yoga</b> 11AM Tra  <b>BODYFLOW™</b> 5PM Tina  <b>Pilates</b> 6PM Kristin  <b>Warm Yoga</b> 7PM Ling	<b>Bootcamp</b> 8:30AM Malita  <b>Pilates</b> 9:30AM Jennifer  <b>Yin Yoga</b> 6PM Georgia	<b>Turbo Kick®</b> 9:30AM Jennifer  <b>Yoga (75)</b> 10:30AM Melissa  <b>Step</b> 11:45AM Kwiyoung	<b>Tai Chi (90)</b> 10:30AM Miriam  <b>Zumba®</b> 4PM Ariela
<b>STUDIO C</b>						
<b>Cycling</b> 6AM Kirstie  <b>Cycling</b> 9:30AM Hazel  <b>Cycling</b> 6PM Stefanie	<b>Cycling</b> 5:45AM Andy  <b>Cycling</b> 12PM Kelly  <b>Cycling</b> 6PM Drew	<b>Cycling</b> 6AM Alison  <b>Cycling</b> 9:30AM Tobie  <b>Cycling</b> 6PM Chris	<b>Cycling</b> 5:45AM Andy  <b>Cycling</b> 12PM Maria  <b>Cycling</b> 6PM Maria	<b>Cycling</b> 6AM Lauren  <b>Cycling</b> 9:30AM Hazel	<b>Cycling</b> 9AM Jorge  <b>Cycling</b> 10:30AM Tobie	<b>Cycling</b> 10AM Traci  <b>Cycling</b> 4PM Chris
<b>INDOOR POOL</b>						
<b>H2O</b> 6:15PM Martí	<b>H2O</b> 9:30AM Annika	<b>H2O</b> 6:15PM Shaina	<b>H2O</b> 9:30AM Annika	<b>H2O</b> 9:30AM Ling	<b>H2O</b> 9:30AM Colleen	