

Happy New Year!

Let this year be **your year!** Live well, love & laugh!



Member of the Month

Dori Ebel

Dori has been an **active member** for just **over 5 years**. She comes as often as she can and participates in **Group Centergy, all Yoga classes and Pilates**. We hate to spill the beans but **Dori is 80 years young and looks amazing!** She takes care of not only her **body** but **nourishes her soul** by being an **active volunteer** for the IODE, Westminster Church and Friend of Rotary. Dori enjoys **skiing, biking, reading and relaxing**. She enjoys being part of the club and the **friendliness the staff and members bring** to the atmosphere. **We are proud of you Dori!**

Gym Bag Exchange

You've switched gyms, now it's time to switch your gym bag!

All day on **Tuesday January 26th** bring a local competitor gym bag and we will switch it for an **HRC gym bag**.

*one gym bag per member.

January Fitness Schedule 2016

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 05:45am | | | | | | | |
| 06:00am | | | | | | | |
| 07:45am | | | | | | | |
| 08:15am | | | | | | | |
| 08:30am | | | | | | | |
| 09:00am | | | | | | | |
| 09:30am | | | | | | | |
| 10:00am | | | | | | | |
| 11:00am | | | | | | | |
| 12:00pm | | | | | | | |
| 05:30pm | | | | | | | |
| 06:00pm | | | | | | | |

Check out our new Winter Fitness Schedule

Starts January 4th!

New Group Class – BLAST



New 50+ Classes

Check out our Group Launch dates at the Sunset Studio.



betterbodychallenge

Get your teams ready!

Registration opens January 6th at 9am.



Winter Camp Fun!

Winter CAMP

Check out our campers at camp!

See you all at March Break Camp!

Biggest MOVER CONTEST

January 9th – February 29th

We are super excited about this!
Here are the details!

HERE IS HOW TO PARTICIPATE:

1. Get a 7 class card from the front desk.
2. Each group fitness class you participate in receive a stamp from the fitness instructor. Get 2 stamps by attending any Launch Class or any Blast class.
3. When your card is full enter it into the ballot box at the front desk. Enter as many cards as you can!
4. During the contest, classes will be advertised for bonus stamps on Facebook.

PRIZES

WEEKLY PRIZE: \$20 to use in the pro-shop (6 month expiration date). All weekly winners go back in the draw for the grand prize.

GRAND PRIZE: An Ipad Mini

RUNNER UP: One month Rev Membership