



# MEMBER FITNESS CENTER

## FEBRUARY SPECIAL HAPPENINGS

### POST PHYSICAL THERAPY – NOW WHAT?

Hosted by Hannah Whistler  
Wednesday, February 8 · 3pm

This hybrid class helps you integrate exercise back into your routine after physical therapy. This specialty class will provide tips to help you build a new fitness routine post physical therapy, all fitness levels are encouraged to join.

### LIFEBREATH

Hosted by Beth Bielat  
Wednesday, February 8 · 4pm

Join Beth Bielat as you explore this powerful breathing technique that can reduce stress, enhance physical performance, increase energy and vitality and improve mental clarity and focus.

### HEART CHAKRA SOUND HEALING AND RESTORATIVE YOGA

Hosted by Elisabet and Moorey-Margaret  
Friday, February 10 · 5:30pm

Experience a live sound bath, restorative yoga, and blissful hands-on bodywork led by our experienced and certified instructors. Open to all levels and abilities.

*\$50.00 for Members and \$55.00 for guests.*

### VALENTINE'S DAY COUPLES WORKOUT

Hosted by Hannah Whistler  
Tuesday, February 14 · 11am

Start Valentine's Day the right way! This unique couple's workout incorporates partner movements so you can help motivate each other, boost endorphins and work toward your health goals together.

### PULL UP CHALLENGE

Wednesday, February 15 · 9am-12pm

Test your upper body strength with our second fitness championship scoring challenge of the season.

### RAW FOOD AND THE BENEFITS

Hosted by Kristine Ingold  
Wednesday, February 15 · 3:30pm

Enjoy delicious healthy treats from Fitness Café while learning how a plant-based and raw food diet can improve your energy level, boost vitality, improve your immune system and more.

### YOGA DETOX & RELAX WITH SOUND BATH

Hosted by Elisabet Stadelman  
Saturday, February 18 · 11am

Working through yoga to get a complete detox for our body, mind, and emotions- finishing the class with Tibetan bowls and their special sounds and healing vibrations transport to a higher dimension of wellness!

### GOLF FITNESS WORKSHOP

Hosted by Mitchell Sadowsky  
Tuesday, February 21 · 3pm

Learn by doing. Join golf fitness expert Mitchell Sadowsky for a hands-on workshop to go over golf-specific drills and exercises anyone can do in the gym. Participants will have the chance to perform and be instructed on the exercises if they choose to.

### 80'S STEP AEROBICS

Hosted by Hannah Whistler  
Wednesday, February 22 · 11am

80's Step Aerobics is a fun mix of cardio, endurance and muscular strength. Cardio strengthens your heart and lungs, while muscular strength and endurance help keep muscles and bones healthy. Bring your best moves and 80's fitness attire, we'll provide the tunes to keep you motivated as we step to the beat.

### MICROGREENS WORKSHOP

Hosted by Beth Bielat  
Wednesday, February 22 · 4pm

Learn how to grow microgreens and the health benefits they provide through this experiential workshop. It's easy, and you don't need a green thumb!

FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820

