

"Don't eat less. Eat right"- Unknown

Aquatics/Swim Lessons

- The next quarter's **Group Exercise schedule will begin in April!** The tai chi class has been removed, but all other classes remain the same. Swim lessons are booming! Check the website for class schedules or email michelle.wood@wellstar.org for more information.
- **Please be aware of more children** in and around the pool area as we increase our swim lesson schedule through the summer. On Saturday mornings between 11:00 am - 12:30 pm, there could be a wait for lap lanes due to the increased activity throughout the spring.
- **Important reminder:** No oils, lotions, hair products, make up, or personal grooming is allowed in the hot tubs. This protects you as well as the integrity of the pool mechanics. Please do not alter the elements of the sauna or steam room. If something is not working properly, let the front desk know.



Dietitian's Corner

Nutrition Classes for [April](#) will include:

Measure Your Metabolism with the BodyGem: Don't let your metabolism fool you! Know exactly how many calories your body burns by testing your oxygen consumption with the BodyGem! Appointments are only \$49!

- **Cooking Demo- "Foods that Fight Inflammation"** Saturday **April 29th**, 11:30-12:30 PM in Education Room Demo Kitchen



Nutrition Workshop- "The Anti-Inflammatory Diet" Thursday **April 20th**, 5:30-7:00 PM in the Education Room

- **Grocery Store Tour** Thursday, **April 27th** 6:00-7:00 PM, Harry's Farmer's Market
- **Back to Basics Nutrition Class-** Friday **April 21st**, 11:30-12:30 PM in the Education Room

*Signing-Up is **REQUIRED** for all classes! There is a minimum and a maximum limit on participants. There is a small fee for the cooking demo and the nutrition workshop. (please call or visit the front desk for more information)*

What's in the recipe box?




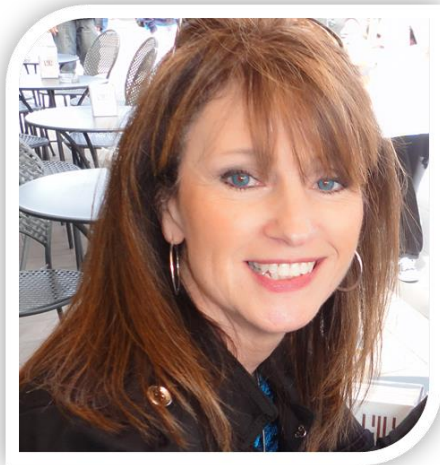
Land Group Fitness

- New members take advantage of the special **New Member Training Package!** You get six 30 minute sessions for only \$125.00 or six 1 hour sessions for \$199.00! Don't miss out on this awesome deal!
- Come check out our **new Spin classes:**
 - David:** Wednesday 5:30AM R-30 & Thursdays 6AM group ride
 - Dana:** Tuesday 8:30 AM Spinsanity & Wednesday 8:30AM Spinsanity Express
 - Martha:** Friday 9:15-10AM-Spin

Click on the [blue](#) links for more information!

DIRECTOR'S UPDATES

- **4 AC units have been repaired** which service the hallways and upstairs group fitness room as well as the men's locker room.
- **Front door project update:** Project Manager is reviewing bids and will make a recommendation this week. **Next step** is the final approval before the project can begin.
- **Parking Notice:** On Friday May, 12th there will be a semi-truck parked in the handicap section of the parking deck. Security will have a traffic plan in place while the truck is parked in this location. Please plan your visit and workout accordingly. 



Donna Landwehr

Meet the Staff

Meet Exercise Specialist Donna! She is a certified fitness trainer as well as a Zumba, Pilates & Yoga instructor. She has worked for Health Place for about 4.5 years. She has a Masters & certified Gifted as well as certified in all the areas she teaches. Donna is a retired school teacher who has a love for dance. Her and her husband have been ballroom dancers for over twenty years.

Donna states, "I have actively sought after a healthy lifestyle. My goal in life is to help others feel good about themselves. I strive to create a happy, fun & energetic class. Why? Because I love what I do." Make sure you get a chance to dance with Donna in one of her classes today!



Massage

Be on the lookout for the Spring Break Massage Special!

Purchase a gift certificate between April 1st and April 8th for a 1-hour massage for only \$55. This special can be used on any 1-hour massage service, so treat yourself! Upgrade charges to a 90-minute massage will apply. **Add an aromatherapy oil enhancement to your massage experience in the month of April for just \$2.00!** Ask the front desk for details!



Front Desk

Friends still shopping for a gym membership?

Tell them to stop by our front desk for a tour of the facility along with learning about all our membership options!



NEW MEMBER?

Free Sessions with our Dietitian and Personal Trainers!

New to Health Place? Don't forget about your free fitness assessment with a personal trainer and Q&A session with our dietitian Kayla! We want to help you jumpstart your wellness journey!



Orthosport Rehab Services will be holding health speaking events in May on a variety of health topics! We are excited for them to offer their expertise in rehab!