

"Doubt kills more dreams than failure ever will." - Unknown

Aquatics/Swim Lessons



There will be a new group exercise class beginning in January! It is called Aqua Motion. It will be a class specifically designed for chronic illness and recovery. Please see the class information on the January schedule and on the board by the pool.

Sorry We're CLOSED The pool will be closing from **December 11 – December 26** for regular maintenance. We plan to open the pool December 26; however please note that the water may still be heating and may not be at the usual 89 degrees yet. All group fitness classes will resume January 2nd.



Learn to swim will be finishing up in November and will resume in January. Give the gift of swimming by purchasing swim lessons for the winter session for you or the child in your life! Makes a wonderful Holiday gift!



Dietitian's Corner

Don't be another
New Year's Resolutioner...
**Get to know your metabolism
right now!**



BodyGem Metabolic Testing-

- Directly measures how many calories your body is burning by testing your unique oxygen consumption. All it takes is your breath!
- Know your metabolism's true face and book your \$49 appointment today! *(can be added on to a full initial nutrition consultation)*
- Visit or call the front desk to book your **BodyGem appointment (can be purchased as a gift certificate)**

What's in the recipe box?



Land Group Fitness

Black Friday Personal Training Special

- Only runs for the week of Thanksgiving: **(Nov 20th - 24th)**
- **Special details:** Six 1 hour sessions for \$199 or six 30 minute sessions for \$125

Limit one package per member

- **Maintain Don't Gain** will be returning in December! Be on the lookout for details throughout the facility

There will be a **"Barre Above"** certification workshop held on January 14th, 2018
Visit this link for registration:
<https://www.barreabove.com/events.php#marietta>

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

DIRECTOR'S UPDATES

-Painting of Handrails out front and refurbishing of the emergency staircase are complete.

- 3 water fountains have been ordered and will be installed as they become available. Locations are the Ladies locker room, Pool Deck, and Weight room. Estimated time of arrival is 2 weeks.

-Please remember to check out our [new group fitness classes!](#)



Massage



Bayleigh Lewis

Meet the Staff

Bayleigh is a swim instructor here at Health Place and has worked here for two years. She is currently a sophomore at Kennesaw State University, majoring in Marketing and minoring in Apparel & Textiles. Bayleigh holds a current lifeguard license and Water Safety Instructor license.

Bayleigh states, “My coworkers are the best part about my job. I have made so many great friends here, and I always get excited to come to work when I know a lot of my friends will be working as well.”

One fun fact about Bayleigh is that she has recently started taking kickboxing classes, and she says “It has quickly become my favorite hobby. I go to class at least 3 times a week, and I have a great time every time I go!”



- Give the gift of massage this holiday! Or keep some for yourself. The **Black Friday sale for massage services begins Monday November 20th through Friday November 24th**. The sale will end promptly at 6:00 pm. Details will be available by November 1st.
- There are still a **few days left to enjoy the New Therapist massage special**. Book and receive your massage from one of our new therapists, Precious Mathews and LaTina Amerson, and get 10% off! This offer is valid through November 12th so don't miss out!



Front Desk

Holiday Hours



Day	Hours
Day before Thanksgiving	4:45 AM – 6:00 PM
Thanksgiving	Closed
Day after Thanksgiving	8:00 AM – 6:00 PM
Christmas Eve	Closed
Christmas Day	Closed
Day after Christmas	8:00 AM – 6:00 PM
New Year's Eve	8:00 AM – 2:00 PM
Day after New Year's Day	Normal business hours (4:45 AM – 10:00 PM)

Important!

New Emergency Button System: False Alarms

With our emergency system upgrade, you've most likely noticed the new buttons that have strings on them in the bathrooms. **The strings need to remain untouched in case someone falls on the floor** and needs to use the emergency button system.

These strings can be no higher than 6 inches from the floor and cannot touch the floor. Also, they cannot be wrapped around or tied around the handrails.

