


"Sleep is that golden chain that ties health and our bodies together." - Thomas Dekker

Aquatics/Swim Lessons

 The pool is down for repairs and maintenance earlier than scheduled due to a complication with the air handler. We have moved up the annual maintenance and are currently working on all repairs now. We do not have an exact reopen time so please call the Hot Line number at 770-793-7307 for updates.



Check out our **new classes beginning in January!** SwimFit on Saturdays and Aqua Motion on Wednesdays and Fridays.



All **Learn to Swim** classes will resume in January so registration is open now! Learn to swim will be finishing up in November.



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?



Click [here](#) to find out!


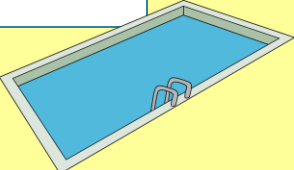


Land Group Fitness

- **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

- **Locker Rental Renewal:** renewals for the **New Year** will need to be done **at the Front Desk**. Reminder letters will also be mailed out to the members renting lockers in December. 
- **Pool Update:** We've completed: pool pak motor replacement, light bulbs replaced above pool, sound barriers removed
- **To be completed:** touch up paint on walls, repair deck surface, touch up paint on deck, clean deck drains, check handrails, check all skimmers, flaps etc., refill and reheat pool
- An **estimated date for reopening** will be provided as we get closer to completion. 

Massage

Give the gift of massage this holiday season!
Don't miss the **holiday special** from December 16th - December 23rd. Purchase a gift certificate for a 1-hour massage for just \$55! Ask the front desk for details.



JaNae Jones

JaNae has been working here at Health Place in the Nursery for four years! She is currently enrolled at Kennesaw State University with a major in Sports Management.

JaNae states, "I love working with children. All of the parents are amazing. I enjoy entertaining and making the kids smile. Health Place is my second home. I never complain when I have to come to work because I love my job. I have an amazing supervisor and great coworkers."

One fun fact about JaNae is that she loves listening to music and hanging out with friends. Make sure to say hi to JaNae when you see her in the Nursery!




Front Desk

Holiday Hours

Welcome **Cathy Quarte**, our new team member at the front desk! She has about 10 years health care experience and we are happy to have her.



Come say hi! 

Starting in **January** there will be **a no enrollment fee special!** Tell your neighbors and friends so they can join in on the journey to better health!

Day	Hours
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
New Year's Day	Closed
Day after New Year's Day	Normal business hours (4:45 AM – 10:00 PM)

How to give a WOW to your favorite employees!

Do you witness an employee do something special that really made your day? Or maybe they always exemplify excellent qualities that you really appreciate? Show them your appreciation by giving them a WOW.

Employees can trade these in for prizes! You can find WOW cards in the comment box on the wall near the front door across from the front desk. Employees can give these to each other too!

