in this issue >>>

Initiation Special!
Aerobic Schedule Changes
Happy Valentine's Day!
Shoe Donation







"WHERE FRIENDS AND FAMILY GO TO PLAY!"

SISRE

February 2018 Newsletter



HALF OFF INITIATION SPECIAL!

Let your friends and family know that we have a limited time only special on the initiation!

Ask or call the front desk for more information!

Aerobic Class Schedule has been updated. Please make sure to get your copy today!

KEEP DONATING THOSE USED EXERCISE SHOES



We have collected a lot of shoes for the less fortunate and we want to keep it going during the holiday season. Collection bin is still in the front office!

PRESIDENTS' DAY FEBRUARY 19TH NO AEROBIC OR MASTER SWIM CLASSES!

ARE YOU A CERTIFIED LIFEGUARD!?

Apply at the club today for a summer lifeguard position!



Don't forget that Valentine's Day is FEBRUARY 14th!!!

Group Class Etiquette

Please make every effort to arrive on time for scheduled classes. If you arrive 5 or more minutes after class has started, we appreciate you not entering while class is in session. If you are taking a class for the first time, please arrive at least 5 minutes early to introduce yourself to instructor and make him/her aware of any injuries or limitations to ensure your first experience is a positive one. We appreciate the opportunity our members have to socialize but ask that once instructor has started class, attention is on their instruction.

February is Heart Month so GET ACTIVE!

Tips for staying <u>ACTIVE</u> this month: -Take the stairs rather than the elevator. -Park your car a little further away and enjoy the extra steps to your destination. -New house rule; no sitting still during TV commercials. Just a few simple changes can make a

very big difference.



5K COMING SOON!!

Keep your eyes open for flyers at the club about the annual SJSRC sponsored WG5K on May 12th!

Jr. Certification and Member Orientation:

Junior Certification and Member Orientation will be scheduled on an individual basis. Please contact Samantha for Jr. Cert and Val for Orientation, to schedule an appointment for training.

Intro to Yoga: Feb. 10th & 24th 11:15 AM - 12:15 PM

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LUCKY DRAWING WINNERS

Do you think you WON??? Does your last name start with B, P, S, Y or L? Check the web site for the list!

To be automatically entered, be sure to have your account paid in full by the 10th of each month.

Club Hours

Mon-Thurs: 6 AM - 10 PM Fri. & Sat: 6 AM - 8 PM Sun: 6 AM - 8 PM

Pools & Jacuzzi will be closed 30 min. before the closing time or sunset, whichever comes first! Please be ready to leave the Club by the closing time. THANK YOU!

GUEST FEES

Ages 5 to 17: \$8 18 and over: \$15 4 and under: Free

*During BLACK OUT dates 5 and over: \$15

Guest can only be a guest twice in one month.

Guest fees are not based on the quest's activity while they are at the Club.