



SAMPLE PROGRAM CALENDAR

FIRST QUARTER

JANUARY

FEBRUARY

MARCH

MARKETING AND COMMUNICATIONS

- Upcoming Events Email
- Mailing to Community
- Membership Drive
- New member Orientation Presentation



HEALTH PROMOTION AND EDUCATION

- Goal Setting
- Mind Your Health Seminar: Fitting in Fitness—Exercise Options for Busy People
- Ramp Up Your Workout with Personal Training



GROUP CLASS PROGRAMMING

- Implement Winter/Spring Schedule
- Get Moving Multi-session Physical Activity Series
- Deep Water Power
- Aqua Toners



RECREATION/SPECIAL EVENTS

- Shoulder Pain Workshop
- Sensory Swim
- Starfish Beginner Swim



MOTIVATION AND INCENTIVE PROGRAMMING

- Healthy W8 Nutrition Challenge
- Member of the Month (MOM)



TARGETED MEMBER ENGAGEMENT

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff



INTEGRATION

- Promote Wellness Program Initiatives
- Vendor Wellness Summit



HEALTH AND SAFETY

- Emergency Procedures Practice with Staff
- Monthly Test Emergency Alert System



HEALTH IMPROVEMENT PROGRAMS

- Personal Training (Ongoing)—Offer Special
- Massage Therapy (Ongoing)



QUALITY ASSURANCE AND OUTCOMES REPORTING

- January Monthly Management Report



FACILITY MANAGEMENT

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)



STAFF DEVELOPMENT

- Staff training — Member Retention and Facts You Should Know + How to Respond to an Upset Member
- Region All Hands Call and Manager Call



- Upcoming Events Newsletter/Email
- Mailing to Community
- New Member Orientation Presentation
- Host Program Info Booth
- Trial Pass and Visitor Promotion

- Heart Disease Awareness—Go RED for Women
- Mind Your Health Seminar: Heart Healthy Living—The Beat Goes On

- Group Exercise Class Instructor Audit
- Aqua Spinning (Interval)
- Aqua Toners
- Aquatic Class Instructor Audit

- Splash Towards Gold
- Indoor Volleyball and Basketball Leagues Begins
- Guppy/Parent & Tot Swim

- "Lifestyle Change" Program Launch
- Healthy W8 Nutrition Challenge Continues
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff
- Member Referral Program

- Promote Wellness Program
- Initiatives—AHA Wear RED for Women
- Implement Cross-referrals

- CPR/First Aid Updates
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)

- February Monthly Management Report
- Get Moving Multi-session Physical Activity Series Outcomes
- Site Inspection Quality Audit

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training — The Platinum Rule + Power of Listening Series
- Region All Hands Call and Manager Call
- Spring Internship Program

- Spring Newsletter Distribution
- Mailing to New Members
- New Member Orientation Presentation

- Nutrition Hurdles
- Mind Your Health Seminar: Fiber—Making it Fit
- Weight Loss, Weight Gain or to Maintain—Metabolism Matters Webinar

- Master Class
- Healthy Food, Healthy Body Multi-session Nutrition Series
- Aqua Bootcamp

- Polar Bear Pool Party
- "Teen Bash" Night
- Casino Night

- Fitness Assessment Rally
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff

- Promote On-site Blood Drive
- Cross-referrals

- Data Privacy Audit
- Staff training—Preparing to Deal with Sudden Cardiac Arrest
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)

- March Monthly Management Report
- Healthy W8 Nutrition Challenge Outcomes

- Equipment Preventive Maintenance
- Monthly Tidiness
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training—Service in the Aquatic Center + How to Deliver Five Star Service
- Region All Hands Call and Manager Call



SAMPLE PROGRAM CALENDAR

APRIL

MAY

JUNE

SECOND QUARTER

MARKETING AND COMMUNICATIONS

- Upcoming Events Email
- Mailing to New Members
- New Member Orientation Presentation
- Membership Drive



HEALTH PROMOTION AND EDUCATION

- IHRSA Passport to Fitness
- Mind Your Health Seminar: Gluten Awareness—Insight Into the Gluten-Free Trend
- Ramp Up Your Workout with Personal Training



GROUP CLASS PROGRAMMING

- Pre-Natal Water Exercise
- Healthy Food, Healthy Body Multi-session Nutrition Series Continues

RECREATION/SPECIAL EVENTS

- Tadpole Swim Lessons
- Golf Conditioning Workshop
- Softball League Begins



MOTIVATION AND INCENTIVE PROGRAMMING

- Walk-to-Run Club Fitness Challenge
- MOM (Ongoing)



TARGETED MEMBER ENGAGEMENT

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff
- World Health Day



INTEGRATION

- Promote Wellness Program Initiatives
- Cross-referrals
- Quarterly Vendor Wellness Review



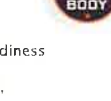
HEALTH AND SAFETY

- Emergency Procedures Practice with Staff
- Monthly Test Emergency Alert System



HEALTH IMPROVEMENT PROGRAMS

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)



QUALITY ASSURANCE AND OUTCOMES REPORTING

- April Monthly Management Report
- Quarterly Review—Q1
- Healthy Food, Healthy Body Multi-session Nutrition Series Outcomes



FACILITY MANAGEMENT

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)



STAFF DEVELOPMENT

- Staff training—Building the Relationship + Six Skills that Positively Affect Your Relationship Building Success
- Region All Hands Call and Manager Call



- Upcoming Events Newsletter/Email
- National Employee Health and Fitness Day
- Mailing to New Members
- New Member Orientation Presentation



- Celebrate Your Health, National Employee Health and Fitness Month
- Mind Your Health Seminar: Meditation and Yoga—Connecting Body and Mind



- Aqua Spinning (Power)
- Master Class For NEHF Month
- Tai Chi Specialty Class Series

- Adult Beginner Swim Lessons
- Flexibility Conditioning Workshop
- Intro to Spring Board

- Walk-to-Run Club Fitness Challenge
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff, Member Referral Program

- Promotion National Employee Health and Fitness Month (NEHF)
- Cross-referrals

- CPR/First Aid Updates
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)—Offer Special
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)

- May Monthly Management Report
- Site Inspection Quality Audit

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training—Member Service, Focusing on Needs + Your Appearance and Body Language
- Region All Hands Call and Manager Call

- Summer Newsletter Distribution
- Mailing to New Members
- New Member Orientation Presentation
- Host Info Booth



- Sun Safety for Summer + Safety Fair
- Summer Activities to Keep You Moving
- Mind Your Health Seminar: Men's Health—Operating at Peak Performance

- Aquatic Class Instructor Audit
- The Power of Well-being Multi-session Wellness Series

- Open Water/Triathlon Swim Training
- Bike to Work Week
- Lifeguard Training

- My Plate Nutrition Challenge
- MOM (Ongoing)

- Annual Member Survey
- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff

- Promote Skin Cancer Screening
- Cross-referrals

- Data Privacy Audit
- Staff training—Blood Borne Pathogens
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)

- June Monthly Management Report
- Walk-to-Run Club Fitness Challenge Outcomes
- The Power of Well-being Multi-session Wellness Series Outcomes

- Equipment Preventive Maintenance
- Monthly Tidiness
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training—Core Competencies + Cycles of Service
- Region All Hands Call and Manager Call
- Summer intern



SAMPLE PROGRAM CALENDAR

JULY

AUGUST

SEPTEMBER

THIRD QUARTER

MARKETING AND COMMUNICATIONS

- Upcoming Events Newsletter/Email
- Open House
- Mailing to New Members
- New Member Orientation Presentation



HEALTH PROMOTION AND EDUCATION

- Mind Your Health Seminar: Back Health—Preventing Pain and Strain

GROUP CLASS PROGRAMMING

- Implement Summer Schedule
- Hydro Training
- Deep Water Power



RECREATION/SPECIAL EVENTS

- Amazing Swim Challenge
- Stingray Advanced Beginner Swim
- Swim Like a Fish – Piranha Lessons

MOTIVATION AND INCENTIVE PROGRAMMING

- My Plate Nutrition Challenge
- MOM (Ongoing)
- Points for Prizes Implementation



TARGETED MEMBER ENGAGEMENT

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff

INTEGRATION

- Promote Wellness Program Initiatives
- Cross-referrals
- Quarterly Vendor Wellness Review



HEALTH AND SAFETY

- Data Privacy Training
- Monthly Test Emergency Alert System



HEALTH IMPROVEMENT PROGRAMS

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)



QUALITY ASSURANCE AND OUTCOMES REPORTING

- July Monthly Management Report
- Mid-Year Program Value Analysis
- Annual Member Satisfaction Survey Outcomes



FACILITY MANAGEMENT

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies, etc.)



STAFF DEVELOPMENT

- Staff training—The Key to Customer Satisfaction + Establish the Conversation Using 10 Magical Words
- Region All Hands Call and Manager Call

- Upcoming Events Newsletter/Email
- Mailing to New Members
- New Member Orientation Presentation
- Trial Pass and Visitor Promotion
- Membership Drive



- Ramp Up Your Workout with Personal Training
- Mind Your Health Seminar: Vitamins and Supplements—What You Need to Know

- Aqua Spinning (Interval)
- Aqua Circuit
- Group Class Instructor Audit



- Swim Like a Fish – Guppy Lessons
- Sports Challenge
- Stroke Technique

- Fitness Assessment Rally
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff
- Member Referral Program

- Healthy Cooking Demos
- Cross-referrals

- Emergency Procedures Practice with Staff
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)
- August Monthly Management Report
- Site Inspection Quality Audit
- Initiate Business Planning Process for Next Year

- Monthly Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training—Creating Customer Retention and Referral + What Do Customers Want
- Region All Hands Call and Manager Call

- Fall Newsletter Distribution
- Host Info Booth
- Mailing to New Members
- New Member Presentation
- Family Health and Fitness Day Membership Drive



- Mind Your Health Seminar: Family Health—Solving The Family Health Puzzle
- Weight Loss, Weight Gain or to Maintain—Metabolism Matters Webinar

- Implement Fall Schedule
- Aqua Spinning (Power)
- Get Moving Multi-Session Activity Series



- Masters Swimming
- Swim Like a Fish – Shark Lessons
- Back Health Workshop

- Cardio Royale Fitness Challenge
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff
- Family Health and Fitness Day

- Promote Prostate Screening
- Cross-referrals
- Vendor Strategic Planning Session

- Data Privacy Audit
- Staff training—Safety: Slips, Trips and Falls
- Monthly Test Emergency Alert System

- Your Weigh Together Weight Management Program
- Personal Training (Ongoing)
- Massage Therapy (Ongoing)

- September Monthly Management Report
- Get Moving Multi-session Activity Series Outcomes
- Continue Business Planning

- Equipment Preventive Maintenance
- Monthly Tidiness
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies, etc.)

- Staff training—Five Steps to a Professional Greeting + Creating a Customer-Driven Club
- Region All Hands Call and Manager Call



SAMPLE PROGRAM CALENDAR

OCTOBER

NOVEMBER

DECEMBER

FOURTH QUARTER

MARKETING AND COMMUNICATIONS

- Upcoming Events Newsletter/Email
- Mailing to New Members
- New Member Orientation Presentation
- Open House



HEALTH PROMOTION AND EDUCATION

- Go Pink! Breast Cancer Awareness
- Mind Your Health Seminar: Sleep—Wake Up to Good Health



GROUP CLASS PROGRAMMING

- Master Class Beyond Balance Multi-session Stress Management Series
- Deep Water Power
- Aqua Toners



RECREATION/SPECIAL EVENTS

- Halloween Party
- Introduction to Swimming Basics
- Duck's Football Bus Trip



MOTIVATION AND INCENTIVE PROGRAMMING

- Cardio Royale Fitness Challenge Incentive Program Continues
- MOM (Ongoing)

TARGETED MEMBER ENGAGEMENT

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff



INTEGRATION

- Promote Flu Shots
- Cross-referrals
- Quarterly Vendor Wellness Review



HEALTH AND SAFETY

- Emergency Procedures Practice with Health Services and Security



HEALTH IMPROVEMENT PROGRAMS

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)

QUALITY ASSURANCE AND OUTCOMES REPORTING

- October Monthly Management Report
- Quarterly Review—Q3
- Beyond Balance Multi-session Stress Management Series Outcomes
- Finalize Business Planning Process

FACILITY MANAGEMENT

- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

STAFF DEVELOPMENT

- Staff training—Moments of Truth, Moments of Magic + Innovation... What It Is, Why It's Important, and How to Become a Successful Innovator
- Region All Hands Call and Manager Call



- Upcoming Events Newsletter/Email
- Mailing to New members
- New Member Orientation Presentation
- Membership Drive



- Mind Your Health Seminar: Healthy Eating—Step Up to the Plate
- Ramp Up Your Workout with Personal Training



- Open Water/Triathlon Swim Training
- Aqua Spinning (Interval)
- Aquatic Class Instructor Audit

- Turkey Trot
- Intro to Diving
- Intro to Spring Board



- Cardio Royale Fitness Challenge Incentive Program Continues
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact From Staff
- Member Referral Program



- Promote Wellness Program Initiatives
- Cross-referrals

- Emergency Procedures Practice with Staff
- Monthly Test Emergency Alert System



- Personal Training (Ongoing)
- Massage Therapy (Ongoing) Metabolism Matters (Ongoing)

- November Monthly Management Report
- Site Inspection Quality Audit

- Monitoring of Facility to Ensure Tidiness
- Monthly Equipment Audit
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)



- Staff training—Remembering Member Names + Coaching Excellence at the Fitness Center
- Region All Hands Call and Manager Call

- Upcoming Events Newsletter/Email
- Mailing to New members
- New Member Orientation Presentation
- Membership Drive



- Holiday Tips to Stay Healthy and Active
- Mind Your Health Seminar: Your Health Action Plan—Small Steps to Big Changes

- Implement Holiday Schedule
- Lifeguard Training
- Aquatic Class Survey



- Children's Holiday Party
- Ski/Snowboard Conditioning Workshop
- Tadpole/Parent & Tot Swim

- Multi-Session Class: Get Moving Activity Series
- MOM (Ongoing)

- Monthly Birthday Cards (Ongoing)
- Member Contact from Staff



- Promote Wellness Program Initiatives
- Cross-referrals

- Data Privacy Audit
- Monthly Test Emergency Alert System

- Personal Training (Ongoing)
- Massage Therapy (Ongoing)
- Metabolism Matters (Ongoing)

- December Monthly Management Report
- Cardio Royale Fitness Challenge Outcomes

- Equipment Preventive Maintenance
- Monthly Tidiness
- Monthly Supply Inventory Audit (Amenities, Towels, Office Supplies)

- Staff training—Performance Standards + Performance Review
- Region All Hands Call and Manager Call

FITNESS MANAGEMENT PROMOTIONAL CAMPAIGNS

To assist our clients in encouraging their eligible population to take advantage of available programs and facility amenities, we continually focus on the development of several marketing campaigns that promote membership and encourage regular participation. The underlying message of these campaigns links varied elements of fun to participation. We focus on positive member experiences through the delivery of a very talented staff, offering a variety of amazing programs and services.

"Admit One" — Marketing Campaign

Going for a workout can be just as much fun as getting a "ticket" to a popular movie, concert, amusement park or sporting event. Our newly developed marketing campaign entitled "Admit One" plays on the idea that a fitness program and center membership is like having an all-access pass to participate in some of the most enjoyable, health-promoting activities around with all sorts of people who are there to enjoy the whole experience — right along with you!

Messaging uses event-and entertainment-related language and visuals to engage prospective members and transform attitudes about exercise from boring to exciting.



"Motivational Words" --- Marketing Campaign

They say a picture is worth a thousand words but sometimes, a few well-crafted words can be worth a thousand pictures. Add to that some colorful graphics and you have the stopping power of our newly developed marketing campaign entitled "Motivational Words".

This headline-driven campaign uses words that are motivational, thought-provoking, inspirational and at times even humorous. All designed to catch the eye of each and every prospective member, and spur them to participate.



“Transform Yourself” — Marketing Campaign

It’s long been understood that you can’t seriously commit to making a lifestyle change until you’re *ready* to make a change. When you feel empowered, you’re self-motivated to take charge of your own life, and truly do something good for “yourself”.

Our newly developed marketing campaign entitled *“Transform Yourself”* uses key words and action-oriented visuals that both encourage and challenge members by speaking to them on a personal level. Your reasons for participation may be one or many, but one thing is for certain, you’re doing it for you.



Promotional Campaigns
Health and Fitness Program/Center Pre-Launch and Grand Opening



“Gain Health”



Grand Opening Poster, Flyer and Email



Pre-Launch Poster, Flyer and Email



Enrollment Brochure

Promotional Campaigns

Health and Fitness Program/Center Pre-Launch and Grand Opening



“Little Things. Big Difference.” (Photo)



Grand Opening Poster, Flyer and Email



Pre-Launch Poster, Flyer and Email



Enrollment Brochure

Promotional Campaigns

Health and Fitness Program/Center Pre-Launch and Grand Opening



“Make the Moves that Matter”



Grand Opening Poster,
Flyer and Email



Pre-Launch Poster,
Flyer and Email



Enrollment Brochure

Promotional Campaigns

Health and Fitness Program/Center Pre-Launch and Grand Opening



“Idioms”



Grand Opening Poster, Flyer and Email



Pre-Launch Poster, Flyer and Email



Enrollment Brochure

Promotional Campaigns
Health and Fitness Program/Center



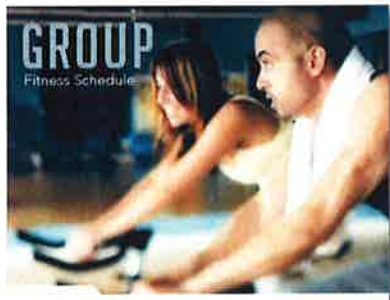
"Be Powerful"



Enrollment Brochure



Enrollment Forms



January-March 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Card & Fit 11:45 - 12:30 3000hrs	100 Club 11:45 - 12:30 3000hrs	ISC 11:45 - 12:30 800	Cardio 11:45 - 12:30 3000hrs
		Fitness Yoga 12:45 - 1:30 600	
	To-Go 4:15 - 5:00 3000hrs		To-Go 4:15 - 5:00 3000hrs
Powerball 5:15 - 6:00 400	Cardio 5:15 - 6:00 3000hrs		Yoga: Yin 5:30 - 6:30 3000hrs

Adjust the table for class for your class schedule. Check and/or adjust.

Group Exercise Poster, Flyer and E-mail



New Member Recruitment Flyer, Postcard, E-mail and Monitor



“Be Powerful”

LOOK BETTER, FEEL BETTER FASTER.
Optimize your time and achieve results.

LOOK BETTER, FEEL BETTER FASTER.

PARTNER WITH A PERSONAL TRAINER TO ATTAIN YOUR GOALS QUICKLY AND SAFELY.

Partner with a personal trainer to attain your goals quickly and safely.

With a personal trainer, you're working out with a professional who can help you reach your goals faster, increase muscle mass, and burn more calories. You'll also have someone to motivate you and keep you on track.

Learn how to maximize your time and achieve your goals faster and safely.

Contact (insert name) at (insert phone and/or e-mail).

ABC Fitness Club

Personal Training Poster, Flyer, E-mail and Monitor

LOOK BETTER, FEEL BETTER FASTER, WITH PERSONAL TRAINING.

SCHEDULE YOUR NEXT STEP.

Personal training is the most effective way to reach your fitness goals. It's a one-on-one workout with a personal trainer who will help you create a personalized fitness plan and keep you motivated.

FEES

100 min	\$45	\$55
60 min	\$30	\$40
30 min	\$15	\$20

As a membership to ABC Fitness Club, you'll have access to all the amenities and services we have to offer. Personal training is an additional service that can be added to your membership.

RELATIONS

Personal training is a great way to get the most out of your membership. It's a one-on-one workout with a personal trainer who will help you create a personalized fitness plan and keep you motivated.

INVEST IN YOURSELF

Personal training is the most effective way to reach your fitness goals. It's a one-on-one workout with a personal trainer who will help you create a personalized fitness plan and keep you motivated.

ABC Fitness Club

Personal Training Brochure

RELAX YOUR MIND AND BODY.

ENJOY A MASSAGE... WITHOUT LIFTING A MUSCLE.

Enjoy a massage... without lifting a muscle. Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

ENJOY A MASSAGE... WITHOUT LIFTING A MUSCLE.

Enjoy a massage... without lifting a muscle. Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

RELAX YOUR MIND AND BODY.

Enjoy a massage... without lifting a muscle. Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

ABC Fitness Club

Massage Poster, Flyer, E-mail and Monitor

RELAX YOUR MIND AND BODY.

ENJOY A MASSAGE... WITHOUT LIFTING A MUSCLE.

Enjoy a massage... without lifting a muscle. Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

CHOOSE YOUR MASSAGE

Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

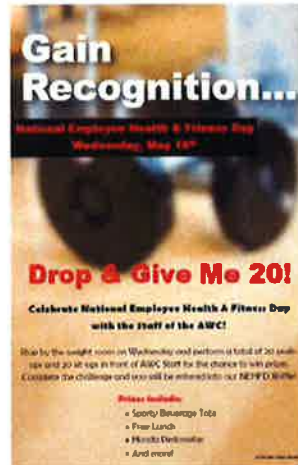
REWARDS

Enjoy a massage... without lifting a muscle. Relax your mind and body with a massage. It's the perfect way to unwind after a long day and reduce stress.

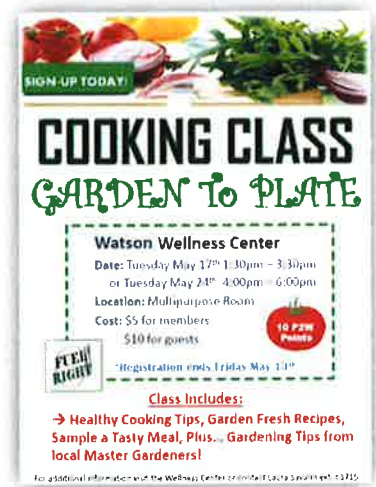
ABC Fitness Club

Massage Brochure

FLYERS AND POSTERS



CLASS MATERIALS



MONTHLY NEWSLETTERS

DECEMBER ACTIVITIES AT THE WATSON WELLNESS CENTER!

POP-UP BANNERS

JOB POSTINGS

T-SHIRTS

LIFEGUARD **NOW HIRING** **LIFEGUARD**

HealthFitness has a great opportunity for a full & part time **Lifeguard Positions** at our client site located in Marysville, OH. In this position, you will be responsible for preventing accidents, promoting water safety and providing First Responder care at all times to members and guests of the aquatic facilities

Full Time Position Requirements:
 Education, Experience and Certifications:
 • Must have a minimum of 2 years of experience in aquatics
 • Current Red Cross or YMCA lifeguard certification required
 • Current CPR certification for the professional rescuer required
 • Must successfully complete Wellness Center lifeguard swim and rescue test
 • American Red Cross Water Safety Instructor certification preferred
 • Lifeguard/CPR instructor preferred

Part Time Position Requirements:
 Education, Experience and Certifications:
 • Current Red Cross or YMCA lifeguard certification required
 • Current CPR certification for the professional rescuer required
 • Must successfully complete Wellness Center lifeguard swim and rescue test
 • Must be at least 17 years old

For More Information, contact
 Brandon at the Watson Wellness Center – 937.645.8777 or visit
www.healthfitness.com

LIFEGUARD **LIFEGUARD**

PROGRAM PROMOTION

Are you ready to LOSE IT?



Now's your chance to lose weight with




Registration starts December 14

Questions Call ext. 615 or 63682

Honda Wellness Center Weight Loss Challenge
January 18 - March 24 (10 weeks)
Teams of 4-6
Team and Individual Prizes
Open to Members and Nonmembers
*see registration form for fees

ENGINEERyourHEALTH®

"A new year. A new you."



Katrina Thompson
MIT Group Exercise Instructor
& Former MIT Police Officer

Br Ba

Breaking Bad Habits

mitresports.com
Excellence | Community | Education | Leadership | Wellness

ENGINEERyourHEALTH®
"Eat Healthy. Play Healthy."



Family Focus

Excellence | Community | Education | Leadership | Wellness

SYNRGY360

Drop-In Training Sessions
March 10th - March 15th
2nd Floor Z-Center

Mon 3/10	Tues 3/11	Wed 3/12
12p - 1p	5p - 6p	5p - 6p
Thurs 3/13	Fri 3/14	Sat 3/15
12p - 1p	7a - 8a	12p - 1p

Learn new exercises
Free training advice
All are welcome




RACE the State

Register: November 2 - November 12
Program Runs: November 16 - December 20
10 P2W Points (must submit steps 5 out of 5 weeks)



Walk from Cleveland to Cincinnati in 5 weeks!
(249.62 miles - ~250,000 steps)
Every 1,000 steps equals 1 mile!

100,000 steps
142,000 steps

CLEVELAND
COLUMBUS
CINCINNATI

WIN A fitbit
Drawing for a fitbit for reaching Columbus in Cincinnati. Contact!

Marathon TRAINING NUTRITION Webinar

3/27 @ 4:00pm

With Dietitian, Kelsea Gusk




RECREATION

AWC Adult Basketball League

4 on 4 basketball league starting October 26th. Games are played on Wednesday nights at 4:20 or 5pm.

Cost is only \$30.00 per team with two referees per game.

League champions will be awarded T-shirts.

Registration is open September 6th - October 14th.

2016 Honda Youth Basketball League

The Honda Wellness Center in Marysville, Ohio is once again hosting a youth basketball league for area youth that are interested in participating. This league is open to the public and will give area youngsters the opportunity to develop their skills in team and game play. Teams will be determined by the league director. Coaches will be volunteers and/or parents of the players. A "tournament" is scheduled for the first Saturday. These teams will be announced and will have an opportunity to meet their coaches and hold an open practice. League play will then begin the following Saturday. The goal of our league is to foster friendly competition and sportsmanship through athletics, and to give participating players a positive experience.

League Information

- Games are on Saturdays
- 8:00 Level Section (ages 7 - 12)
- 10:00 Level Section (ages 13 - 18)
- 12:00 Level Section (ages 19 - 24)
- 14:00 Level Section (ages 25 - 30)
- 16:00 Level Section (ages 31 - 35)
- 18:00 Level Section (ages 36 - 40)
- 20:00 Level Section (ages 41 - 45)
- 22:00 Level Section (ages 46 - 50)
- 24:00 Level Section (ages 51 - 55)
- 26:00 Level Section (ages 56 - 60)
- 28:00 Level Section (ages 61 - 65)
- 30:00 Level Section (ages 66 - 70)
- 32:00 Level Section (ages 71 - 75)
- 34:00 Level Section (ages 76 - 80)
- 36:00 Level Section (ages 81 - 85)
- 38:00 Level Section (ages 86 - 90)
- 40:00 Level Section (ages 91 - 95)
- 42:00 Level Section (ages 96 - 100)

Registration Form

Participant Name (Full): _____
 Participant Name (First): _____
 Parent/Guardian Name(s): _____
 Address #1 (Residence): _____
 Circle One: Member or Non-Member
 Circle One: Male or Female
 Age of Participant: _____
 Height: _____ Weight: _____
 Skill Level: Beginner, Intermediate, Advanced
 T-Shirt Size: Youth Medium, Adult Medium, Youth Large, Adult Large, Youth X-Large, Adult X-Large
 Address: _____
 City/ST/Zip: _____
 Phone: _____
 E-Mail: _____
 Form of Payment: MC, VISA, Discover, Amex, Cash
 Credit Card #: _____
 Exp. Date: _____
 Make checks payable to: Honda of America
 *This form is to be returned to the end of league.

Contact Information:
Brandon Brunson
 League Director
 Watson Wellness Center
 24000 Honda Parkway
 Marysville, OH 43040
 (937) 645-8777 ext. 61255
 brandon.brunson@ham.honda.com

HUUBL
HONDA YOUTH BASKETBALL LEAGUE
2016

HONDA
The Power of Dreams

"...And no matter our original reasons for showing up at our first bootcamp, we all agree that the community built around sweating together makes it all the more bearable."

RECSPERIENCE

SHARING STORIES ABOUT HEALTH, WELLNESS & COMMUNITY

2016 Honda Racquetball League

Registration: 9/19/16 to 10/28/16
 League play will begin the week of November 7th.

Incentive Prizes goes to the League Champion and 2nd place.

You will be given a schedule of who you will be playing against each week. Schedules will be available on the 1st week of play. You are responsible for scheduling your game with your opponent for the week at a time that works for you.

\$3.00 per member
\$5.00 per guest

Questions, contact Josh Brandon at josh_brandon@ham.honda.com or ext. 65644.

Recreation Fascination.

MIT Recreation

Presented by **AMERICAN FITNESS**

Stand Up Paddleboarding (SUP) Classes Now at MIT Recreation!

Sign up online or at the main desk of the Zouken Fitness Center, located at 170 Vassar Street in Cambridge. If you've never taken a class here and/or don't have a membership, you already have an online account. Enter your email address to obtain your login ID and PIN. If you've never taken a class here but never had a membership, you'll have to request a new account before you can register.

Class	Day(s)	Times	Dates	Location	Price
Intro to SUP	Saturday	10:00 - 12:00p	September 28th	MIT Sailing Pavilion	Mem \$50, Non-Mem \$70
Intro to SUP	Saturday	12:30p - 2:30p	September 28th	MIT Sailing Pavilion	Mem \$50, Non-Mem \$70
Intro to SUP	Saturday	3:00p - 5:00p	September 28th	MIT Sailing Pavilion	Mem \$50, Non-Mem \$70
Intro to SUP series	Thursday	7:00 - 8:30am	9/26, 10/3 and 10/10	MIT Sailing Pavilion	Mem \$100, Non-Mem \$125
SUP Fitness series	Thursday	7:00 - 8:30am	9/26, 10/3 and 10/10	MIT Sailing Pavilion	Mem \$75, Non-Mem \$125