



# FMWR FITNESS CENTER

*February 2012*

## Holiday Hours & Closings for February

**CLOSED on Sundays**

Monday 20<sup>th</sup> - CLOSED President's Day



### **The Fittest Loser Competition**

Remember to log your points! Earn extra points by attending a Waltz Class or a Lunchtime Workshop and check out the Weekly Challenges posted at the front desk.

### **Weight Loss Workshop**

Join Dr. John P. Hilley and Dr. Jeanne Williamson to learn about The 5 Secrets to Permanent Weight Loss. Workshop is FREE!! \*\*5 points for Fittest Loser Competition

- February 2<sup>nd</sup> at 12:00 pm

### **Waltz Dance Class**

Sign up at the Fitness Center for a 3 Class Series on Fridays in February. Classes are FREE!! Call the front desk for details. \*\*5 points for Fittest Loser Competition

- Dates: 10, 17, 24 from 5-6 pm



### **My Plate Lunch-n-Learn**

Pack a lunch and learn about the new My Plate Food Guide during a FREE presentation. \*\*5 points for Fittest Loser Competition

- February 23<sup>rd</sup> at 12:00 pm

### **Teen Spin Class**

Join Spin Instructor Lois for a FREE Teen Spin Class on Saturday February 25<sup>th</sup> from 11:15-12 pm. Teens 13-15 years of age MUST be accompanied by parent in class. (Parent may attend class for free as well!)

### **February Massage Specials**

During the month of February, get \$5.00 off any 30 minute service OR \$10.00 off any 60 minute service! Call 845-928-2898 to schedule your appointment today.

### **West Point Race Series: Shamrock 5k**

Join us on Saturday March 17<sup>th</sup> for the Shamrock 5k and then enjoy a "traditional" Irish Breakfast! Race begins at 8:00 am at the West Point Club. FREE T-shirts to the first 100 pre-registered runners on race day!

