Member Update

March 1, 2017

We welcome you to our monthly Member Update! You’ll find that it is filled with educational information, helpful hints and tips, events, news and even some discount offerings from time to time. We want this monthly update to be valuable for you so please feel free to share your feedback and suggestions to help us improve. Enjoy!

2017 Spring/Summer Activity Guide

We are excited to give our members an exclusive first look at our 2017 Spring & Summer Activity Guide! As a Recreation Services’ member, you receive 20% off our programs including our most popular classes in Dance, Fitness Plus, Martial Arts and Wellness. Program registration officially opens March 9 at 12:00 pm. View the guide [HERE](#)!
Tips from the Trainer

In this month's addition of tips from the trainer, Daniel Jangula, certified exercise physiologist, shows you the single leg Romanian dead lift. A great exercise to improve balance and stability in the ankle, knee, and hips.

Video: Tips from the Trainer - The Romanian Dead Lift

Did You Know?...

More and more evidence is continually surfacing showing the positive relationship between physical activity and improved mental health in adults and teens but what about children? In this month's article the author examines a study that may suggest physical activity can help treat depression in children as young as 6 years old. If you agree with the article and are looking for a ways to get the dependents in your life more active, try bringing them with you during your next workout! Visit our Features & Rates page for more information on dependent and youth rates.

Article: For children, exercise may help stave off depression

NEWS & UPDATES

Buddy Day March 15th!
It's way more fun to work out with a friend! That's why Recreation Services has designated the third Wednesday of every month as Buddy Day! Members can bring a friend (free of charge!) to join you for a work-out, swim, game of squash, fitness class or whatever it is you want to do! Click HERE for more information or to let us know you’re going on Facebook!

Thanks for Participating in Personal Training Week!

We had a great turn out for our second Personal Training Week event and are glad to see so many new clients take advantage of some of the great deals offered during this time! Our knowledgeable and experienced trainers are always very excited to have the opportunity to help you develop an individualized program tailored to your needs, interests and goals. Thank you for providing our trainers this opportunity. We hope the experience will increase or even potentially unearth your passion for fitness!

UPCOMING EVENTS

2017 Spring/Summer Program Registration
Mar 9th - 22nd, 6:00 am - 10:00 pm

Buddy Day
Mar 15th, 6:00 am - 10:00 pm

MEMBER SERVICES

Membership Handbook
Get the most out of your membership. Everything you need to know in one book!

Previous Member Updates
Don't miss out! Have a look at our previous member updates for some great information on Recreation Services or for a quick blast from the past!

Spring & Summer Activity Guide
So many great activities and additional services available at a discounted price!

Rec Use Schedules
Have a look at our web schedules to get real time information on informal open rec use time for all our facilities.

WE’RE MOBILE.
Being active just got easier.

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