

WELLNESS NEWS

November and December 2018

Welcome Sue Ellen



Sue Ellen Meredith graduated in 2016 from Indigo Wellness 200 hour Yoga Teacher Training Program. Since then, she has been teaching locally for Indigo Wellness Studio & Black Hawk College. Sue

Ellen enjoys sharing with others the serenity yoga can bring to your body, mind and spirit. You'll find Sue Ellen teaching Hatha and Gentle Yoga at The Outing Club Wellness Center.

BIG LOSER 2019

A new approach!

We are looking for 15 members who want to:

- Eat Healthier & Feel Better
- Reduce Stress & Gain Muscle
- Lose Fat
- Create Community & Have Fun

Participants must meet all contest requirements

ALL NEW COMPETITION RULES

& ALL NEW PRIZES

Please email Anne for more information or to sign up - wellness@theoutingclub.com

TAKE ADVANTAGE OF OUR COMPLIMENTARY YOGA CLASSES

Hatha Yoga at 9:00 AM
Tuesday, Wednesday & Thursday

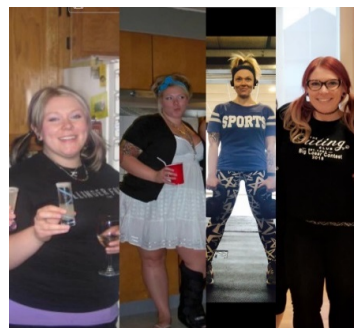
Gentle Yoga at 10:15 AM
Tuesdays & Thursdays

Train the Trainers!

Every Year during the December holidays, we give our members the opportunity to show us what they've learned while taking advantage of our free small group training & group fitness programs.

So, how do you get in on this? Plan a workout and sign up for a time at the Wellness Center.

*All group fitness classes are cancelled from December 24th - December 31st.
Regular Schedule will resume January 2nd.



Anne Helms, OC
Wellness Director
- Lost 100 Pounds!

Amanda Crowell,
Female Winner -
Big Loser 2018



November & December Group Fitness Announcements

Please sign up in advance for the following classes:

- 5:15 PM Group Fitness (M,T,W)

- 8:00 AM Run Club (Sat)

Sign up at the Wellness Center or contact Anne for info