



NEW YEAR, NEW GOALS

Getting healthy isn't a switch you flip, it's a series of small choices that add up. One glass of water. One walk. One good night of sleep. One moment where you choose to take care of yourself! Instead of getting overwhelmed by the five things you need to change, take it one task at a time. Every time that you cross a task or goal off, you'll feel even more capable when you start the next!

YOU DON'T HAVE TO DO THIS ALONE!!

Surround yourself with people that will celebrate when you win, but more importantly they'll pick you up when you're down! There will be ups and downs this year. The question is will you get back up after you get down?

January Group Fitness Schedule

[Click the title above for more information](#)

We've got 65+ group fitness classes each week that are FREE to members! If your workouts are lacking energy and you're looking for a trainer to teach you how to exercise correctly, join a class!

We've got 10 aqua classes, 9 spin classes, 6 dance/hula hoop classes, 15+ low impact/senior classes, and 30+ strength classes
EACH WEEK!

Personal Training

[Click the title above for more information](#)

We've got 10 personal trainers that want to join YOUR team! Whether you're looking for help with nutrition, muscle gain, weight loss, or accountability we want to help you!

Contact us today to schedule a free consultation!

If you're unsure of where to start check this out!

Our fitness staff will be doing free fitness tours on Thursday, January 1 from 6am-1pm and Monday, January 5 from 4pm-7pm. These tours will spend 30-45 minutes showing you every piece of fitness equipment as well as answering any fitness questions that you have!

No sign ups needed.

No equipment needed.

We'll meet you in the front lobby!



Upcoming Fitness events!

Click the titles below for more information

Triple Crown Triathlon series!

Three "triathlons" spread out over three months! We've created this series to give you something different to train for each month throughout the winter! Our first one is **Saturday, January 10**

Pump and Run 5K

Our 5th annual Pump and Run 5k will take place on Saturday, April 25 at 9:00am! The night before will include one of the largest health expos in Iowa! This event is an opportunity to highlight health and wellness throughout the Cedar Valley! All of the money goes towards providing adaptive youth sports opportunities!

Monthly Walking Club

We would love for you to join our Walking Club! All you have to do is stop at the front desk, start a new sheet, and record your miles that you walk! As you go our staff will cheer you on and leave words of encouragement!