



# ONE WORKOUT AT A TIME!

Taking care of your health is one of the greatest investments you can make in yourself! Small choices like moving your body, eating well, resting, and managing stress all add up to more energy, a stronger body, a clearer mind, and a longer, more vibrant life.

By choosing health today, you're giving your future self the gift of resilience, independence, and the ability to fully enjoy the moments that matter most. You're never too young or too old to improve your health!

## February Group Fitness Schedule

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

## Bring a friend week will be February 2-7!

Members can bring up to 5 friends a day with them to any of our group fitness for FREE! All you have to do is sign in at the front desk. Our instructors can't wait to meet your friends!

## Personal Training

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

A personal trainer can help you turn vague goals, into specific goals!

Often times we want to get healthier, but we don't even know how we need to improve.

You provide the WHY and we'll provide the HOW!

CEDAR VALLEY SPORTSPLEX



Join us Saturday, April 25 for the Pump and Run 5K! Kids 12 and under can run either the 1-mile or 5K for free. During packet pickup we'll also be putting on one of the largest health expos in Iowa!

Registration:

<https://runsignup.com/Race/IA/Waterloo/CVSPumpRun>

## Upcoming Fitness events!

Click the titles below for more information

### February Duathlon



On Saturday, February 14 we'll be hosting our 2<sup>nd</sup> event of the triathlon series. **YOU DON'T HAVE TO BE SIGNED UP FOR THE SERIES TO PARTICIPATE.** This event will include a 5-mile bike, 1.5-mile run, 5-mile bike, and a 1.5-mile run.

### Pump and Run 5K



Our 5<sup>th</sup> 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! This is not just for seniors! New sheets are always available at the front desk! Each month our staff will cheer you on as you walk towards your monthly goal!

