



WELLNESS CENTER NEWSLETTER

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NOTE NEW EMAIL

Members,

I am grateful for the generous gift and amazing surprise. Having Santa at the event made the occasion extra special!

You make my job the best job anyone could ever dream of having, and I wish each of you a Happy New Year.

Your Friend,

Kiel

SUPPORTIVE WC MEMBERS

I would like to recognize a few of our amazing members. All the music in the fitness classes is mixed by Viki. Al professionally restored the back extension in the weight room. In addition, Al is working on improving the stereo in the aerobics room to achieve optimum sound quality! Al's knowledge, skills and abilities have been a huge help around the Center. Also, the new LED television in the cardio room was donated by Felicia. Randy lends a hand and helps with chores around the Center. Anna and John share their expertise in Alpine and Nordic skiing in the ski conditioning classes. Carsten donates protein bars and drinks to sell and the money is then used to improve the Center. Finally, the magazines, loaner clothes and towels are all donated by fellow members. A big THANK YOU for all of your support!



Wellness Center Members surprise Kiel with a generous gift before the fit ball class.



Listening to a wide genre of music mixed by Viki in the popular ski conditioning class.



Anna, Donna and Renee make up the flute trio. The flute trio provides live music for the annual, fit forever holiday party.



Al professionally restored the back extension in the weight room. While you are in the weight room, take a moment and appreciate the detail in Al's work.

WELLNESS CENTER OPEN HOUSE

Wednesday, January 30, 2019 | 11:30 a.m. to 1:00 p.m.

Try the Wellness Center free for the day and bring a buddy to our open house! The updated fitness equipment and many updates to the building make the Wellness Center a must see! Please swing by the Wellness Center if you are a federal employee, immediate family of a federal employee, federal contractor or military.

In addition, you can join in on fitness demonstrations, and there will be information about the Wellness Center programs.

ARTWORK BY FELLOW MEMBER, WAYNE HUSBAND



DID YOU KNOW

1. The Wellness Center is a wonderful value compared to nearby fitness centers. Below are the costs for memberships at nearby fitness centers:

24 Hour Fitness (with discounts) | \$50, 7 day pass | \$65 monthly | \$360 annually

Lakewood Recreation Centers | \$385 annually | Family \$600 annually
Lakewood does offer corporate discounts and punch cards.

The Point | CLOSED

2. The Wellness Center is primarily self supporting: Membership dues cover the managers salary, maintenance to the fitness equipment, updating the fitness equipment and some updates to the building. Additionally, past contributions from the Colorado Federal Executive Board to purchase new fitness equipment will not happen again, as Wellness Center dues will cover the costs for new equipment in the future. The Center also does not receive funding with the exception of janitorial services, maintenance to the building and rent. Those costs are split between the federal agencies, also known as joint use space.

3. A friendly reminder to take it easy on the fitness equipment: Slamming weights in the weight room is startling fellow members. Please, lift weights until your hearts content, but please be mindful of the people around you. In addition, slamming the weights will put premature wear the fitness equipment and the equipment must last for many more years.

Now on to exercise...

WELLNESS CENTER PICTURES



Susan's Retirement Party. Thank you for your service, Susan, and enjoy your retirement!



The Fit-Forever crew meets every Tuesday at 3:00pm. Come and join us!



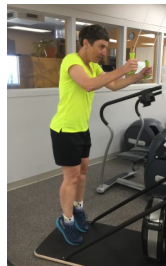
Fit Ball Core Conditioning Thursdays, 12:00 to 1:00.



Pilates, every Wednesday from 11:30 to 12:30.



Kyle, Patrick and Eric. Eric moved to Portland and will be working for the Army Core of Engineers. We will miss you Eric.



Paula's training for the World Masters Championships in Norway and the Norwegian Birkebeiner (54k). The SkiERG donated by Kaiser Permanente will be an essential part of Paula's training. We wish you luck, Paula.

Winter Class Schedule

No classes on weekends or holidays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	12-1 Ski Conditioning	3-3:45 Fit Forever 5-6 Yoga w/ Sue \$5	11:30-12:30 Pilates \$125 for 12wk session Or \$16 drop in	12-1 Fit Ball 5-6 Yoga w/Sue \$5		
	12-1 Ski Conditioning	3-3:45 Fit Forever 5-6 Yoga w/ Sue \$5	11:30-12:30 Pilates \$125 for 12wk session Or \$16 drop in	12-1 Fit Ball 5-6 Yoga w/Sue \$5		
	12-1 Ski Conditioning	3:4:40 Fit Forever 5-6 Yoga w/Sue \$5	11:30-12:30 Pilates \$125 for 12wk session Or \$16 drop in	12-1 Fit Ball 5-6 Yoga w/Sue \$5		
	12-1 Ski Conditioning	3-4:30 Fit Forever 5-6 Yoga w/Sue \$5	11:30-12:30 Pilates \$125 for 12wk session Or \$16 drop in	12-1 Fit Ball 5-6 Yoga w/Sue \$5		
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The Wellness Center appreciates the support from the Colorado Federal Executive Board, General Services Administration, and Federal Protective Service. In addition, important sponsors for the Wellness Center are Blue Cross. Blue Shield., Kaiser Permanente, and Government Employee Health Care Association. We thank you all for the little things, and all the big things you do for the Center!