

SAINT MARY'S FITNESS CENTER

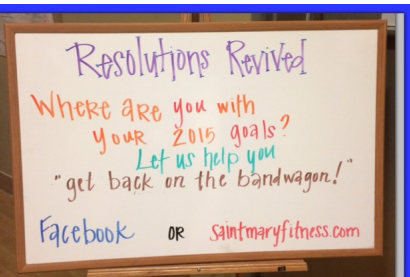
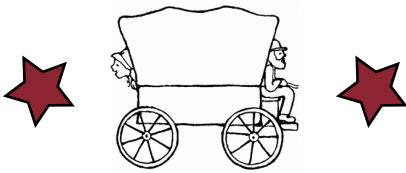


YOUR Fitness Journey!



Last month's news, but worth mentioning!

We kicked off the second half of the year with our Resolutions Revived! Are you participating in getting "back on the bandwagon"? Visit our blog page on our website to take advantage of daily tips and challenges to get you back on track to your health and fitness goals for 2015!



June/July 2015 Newsletter

HEALTH TIP OF THE MONTH

Take Care of Others by Taking Care of Yourself - *By Josh Lyon*



Take time for yourself so you can take care of others. What does this mean to you? Does this sound too selfish or too hard? Whatever you previously thought or felt about this concept, set it aside and look at it with new light. Just as the airline attendant tells you to put on your own oxygen mask in an emergency before helping someone else with theirs, you must take care of your needs before you can attend to the needs of others. Today, look over your week and find pockets of time you can devote to caring for yourself – exercising, cooking, relaxing or doing something you enjoy.

Read Josh's complete blog at: <http://www.saintmarysfitness.com/Blog.aspx>



Independence Day

Holiday Hours



July 3 to July 5, 2015 please visit our website for [The Red, White & Blue Modified Group Exercise Schedule.](#)

July 3 Hours:

Fitness Center - 7 a.m. to 3 p.m.
Med Exercise - 8 a.m. to 1 p.m.

July 5 Hours:

Fitness Center - 7 a.m. to 1 p.m.

July 4 Hours:

Center is CLOSED

July 6 Hours:

Fitness Center - back to normal hours.

A PERSONAL NOTE FROM THE SAFETY SUPERVISOR AT SAINT MARY'S FITNESS CENTER

Dear Members,

I want to thank everyone who cooperated with the evacuation of the building on June 6. I would like to remind everyone that you will always be notified of fire drills and alarm testing. If you have not been notified of a drill, then you must assume there is an emergency and immediately exit the building when the fire alarm sounds.

Building evacuation includes immediately exiting pools and showers, quickly becoming appropriately dressed or covered with towels, leaving belongings behind and exiting the building using exterior doors and stairwells (not the main center stairwell). Your safety is my top priority in helping to create a place where people love to exercise. Thank you all so much for your cooperation, and please let me know if you have any question or concerns.

Thank you,
Cassie Goodman, Safety Supervisor



UPCOMING NEXT MONTH

- June 20, Group Hike: Hunter Creek Trail, 8 a.m.** - \$10 members, \$15 non-members. Limit 20 hikers. Snacks are provided. See flyer for more details.
- July 4, Tour de' Saints:** Ride like an athlete!
- July 6, Cycle Saints:** Six week program that will take your cycling to the next level. See flyer for more details.
- July 17, BFF Balloon Buster:** Bring a Friend Friday and pop balloons to WIN a variety of prizes!
- July 20 through 24, Accelerated Nutrition Bootcamp:** See details below.

Nutrition Bootcamp!

An accelerated summer course!

It's time to take control of your own eating habits.

Bootcamp Includes:

- Food Demos
- Uncover nutrition myths
- Eating on the go
- A visit to Raley's for a healthy shopping experience!

July 20 through 24
9:30 a.m. to 10:30 a.m.

Single \$99 | Couples \$149

See front desk to sign up.

Safety Reminder:

The summer heat is here; please take the time to hydrate properly. Dehydration is possible even when exercising inside of the Fitness Center. Please remember to take plenty of water breaks and consider bringing a water bottle or sports drink with you to the Fitness Center. Have a safe and happy summer!

Cassie Goodman, Safety Supervisor

Tour de' Saints Cycling Contest!



Test Yourself & Ride Like An Athlete...

Complete miles right alongside the Tour d'France athletes! Any of our indoor bikes may be used. Your outdoor bicycles may be used as well, but miles must be tracked with the date included to show for sign off.

- First day July 4th is FREEBIE - Fitness center is closed. Still get in your ride!
- \$15 per person, includes T-shirt. Prizes will be awarded to drawing winner for those who complete the daily miles and the individual with the fastest time trials.
- Late enrollment is allowed, however, you will not be eligible for prizes.

BEGINS JULY 4 & ENDS JULY 26, 2015

For more information, please contact Janelle at jdorangricchia@primehealthcare.com or 770-7503.

JULY 101 SERIES

Learn • Grow • Improve

These classes are a variety of introductory classes, offered **FREE** to our members every month.

Strength 101:	Monday, 7/6 - 9 a.m.	2nd Floor
Cardio 101:	Thursday, 7/9 - 9 a.m.	2nd Floor
Reformer Pilates 101:	Tuesday, 7/14 - 6:30 p.m.	3rd Floor
Flexibility/Yoga 101:	Friday, 7/24 - 9 a.m.	2nd Floor

Reserve your spot at the Fitness Desk or Service Desk

Questions? Contact Janelle at 770.7554

Cycle Saints

Are you ready to take your cycling to the next level?

STARTS JULY 6, MONDAYS AND WEDNESDAYS 5:30-6:30 P.M.

Six week program will help you to gain strength, endurance, & confidence on your bike.

The "Perks":

- Cycling swag and Saint Mary's Fitness Center/Peloton official cycling jersey
- Guest Speaker: Professional Cyclist Justin Rossi
- One year membership for the Peloton Cycling Club

\$249 members | \$299 non-members

For more information contact Janelle at 770-7554 or jdorangricchia@primehealthcare.com

**MUST SIGN UP
BY JULY 1,
2015**

Join The Saint Mary's Nevada Heart & Stroke Team!

Sunday, September 20th 2015 Wingfield Park, Downtown Reno

♥ Event starts at 8 a.m. ♥ 5k Run starts at 9 a.m. ♥ Walk starts at 10 a.m.

For instructions on how to join the Saint Mary's Team, check out our flyers at the Service and Fitness Desks. For more information please contact Josh Lyon at jljon@primehealthcare.com