

Caregivers 101

presented by Rose Stadel

RESCHEDULED: Tuesday • February 5 • 12:30pm • FSII Multipurpose Rm

Are you taking care of a loved one or yourself with minimal help? Come learn ways to be an effective caregiver while also caring for yourself. We will provide information and discuss some of our local resources to help you in the process.

Earn 25 Rewards4You Perkville points by attending. RSVP at either Front Desk

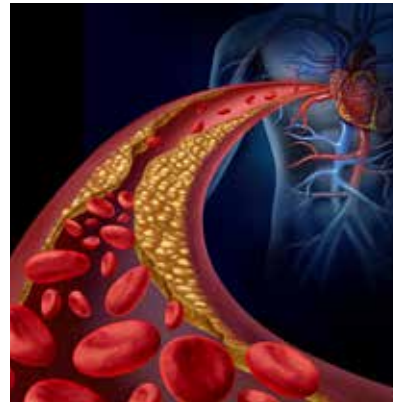
Peripheral Vascular Disease

presented by OSF HealthCare Cardiovascular Institute
Tuesday • February 26 • 1-1:45pm • FSII Multipurpose Rm

What are the symptoms of PVD and how is it treated? Come find out at this comprehensive seminar led by a member of the OSF Cardiovascular team.

Earn 25 Rewards4You Perkville points by attending.

RSVP at either Front Desk



Modified Cycle

Every Thursday in February (7, 14, 21 & 28) • 11-11:30am • FSII Spin Studio

Jill Usiak will lead this introductory class for those who want to get acquainted with cycling but aren't quite ready for a full hour in the saddle. Focus will be on cadence, form, and intensity. Please arrive 10 minutes early for assistance with bike set up.

This may become a regular class if the trial classes are well attended.

Workout will look like this: 4-5min warm-up • 20-22 min of intervals & tension changes • 4-5 minutes of off-bike stretching

Equipment Orientations

for Fit Together members

1st & 3rd Thursdays of the month 12:30-1:30pm at FSII
2nd Tuesday of the month 12-1pm at FSI

This 1-hour introductory class is for those that are new to the club or are new to using weight training machines.

Clipboards will be provided so you can write down notes as you go. Maximum 6 per session.

Supported Weight Training

Drop in Wednesdays between 12-1pm
FSII in the upstairs circuit training area

Kim Hillard, Exercise Specialist for the Fit Together program, will be available to answer your questions about the weight training machines and modification options. She can show you how to use a new piece of equipment, help you adjust your seat to the correct level, assist with proper form or help you know when to add or decrease the weight you are using.

Mark Your Calendar!

Look inside or check our mobile app & website calendar for more details

February

Feb 1: Splash Mash Dash Registration Opens, Online

Feb 1-3: Lifeguard Certification Course, FSI

Feb 3: WERQ Super Bowl Special, 10:30am-12pm FSII

Feb 5: Fit Together Seminar – Caregivers 101, (rescheduled)
 12:30-1:15pm FSII

Feb 7: Modified Cycle Class, Thursdays 11-11:30am FSII

Feb 7: Kids Run & Stretch, Thursdays 5:30-6pm FSI

Feb 10: Valentine's Spin Challenge Ride, 3-4:30pm FSII

Feb 24: Elegant Bridal Expo, 12-4pm DoubleTree Hotel

Feb 26: Fit Together Seminar – Peripheral Vascular Disease,
 1-1:45pm FSII

March

Mar 3: Girls World Expo, 12-4pm Parke Regency Hotel

Mar 9: Splash Mash Dash Indoor Triathlon, 8am FSI

Download our mobile app!

Search Four Seasons Health Club in the app store for your mobile device.

news you can use

Four Seasons Member Newsletter February 2019

TRANSFORMING LIVES BY CREATING A HEALTHIER COMMUNITY



SPLASH.MASH.DASH

2019 INDOOR TRIATHLON · FOUR SEASONS HEALTH CLUB

Saturday • March 9 • 8:00am • Four Seasons I

Individuals or Teams of up to 3 people (ages 16+) will compete for distance in swimming, biking & running

- \$40 per individual or \$100 per team
- 1st, 2nd & 3rd place prizes awarded in three categories: Female, Male, Co-Ed
- **Open to the public!**
- Register by February 22 to be guaranteed a Splash Mash Dash T-shirt!

Proceeds will be donated to The Rachel Dean Foundation

Visit our website for event details & to register
4seasons-club.com/Aquatics

NEW Program! Kids Run & Stretch

Ages 6 and up welcome!

Thursdays • 5:30-6pm • FSI Indoor Track

Let the kids burn off some energy while having fun! We'll teach basics including running etiquette, proper technique, how to pace themselves, good stretches to incorporate, and we'll run laps around the track. This action filled group is led by Four Seasons Personal Trainer Alex Lugar. No experience necessary.

Under age 11 must have a parent/adult guardian present in the gym at all times.



Looking for a Rewarding Job this Summer?!

Come join the Four Seasons family by working as a **Summer Camp Counselor!**

This new position will be responsible for organizing & leading weekly activities with our kiddos in our summer camp programming. Visit our website for more information & to apply today!



Valentine Spin Challenge Ride

Sunday • February 10 • 3-4:30pm • FSII Spin Studio • Instructor: Staci Yehl

Get your heart pumping in this 90-minute Valentine-themed specialty Spinning class offered as an extra challenge for our Spin lovers! Please stop by the Front Desk within one hour of the beginning of class for a ticket. Only one ticket per member - limited space available.

New Equipment!

StairMaster 8 Series Gauntlet is in the house! This cool system includes the Landmark Challenge Program where users climb well-known landmarks from around the world like the Eiffel Tower, the Statue of Liberty and the Taj Mahal. Also includes Sprint, Super and Beast Spartan Race Training Program and Multi-stage Fit Test, CPAT Fire Fit Test and WFI StepMill® Test. And it has a High Score feature that allows you to record your workout for everyone to see...and try to beat!

Check out our new **Life Fitness Treadmills with HD touchscreen video!** Includes media apps like Netflix, Hulu, Pandora, RunSocial and more. Choose from lots of different workouts including virtual runs. Connects to your Apple Watch!



Children in FSI Locker Rooms Policy Reminder

Children 10 and under must be directly supervised by a parent or adult 18+ years at all times in the locker rooms at Four Seasons I. **Parents with opposite gender children 4+ years are required to use the family changing rooms.** Four family changing rooms are located towards the rear of the club by the side pool entrances.

Have a Heart...Save a Heart

It's Healthy Heart Month! Your donation to the American Heart Association supports and advances groundbreaking research, provides critical programs and services, and helps improve the health of more loved ones. Hearts are for sale for \$1 (minimum) at the Front Desk during the month of February.



Walk down the aisle with confidence... Feel your best on your best day!

We'll help you get ready for your big day! **Our Certified Personal Trainers can help you reach your wellness goals.** Schedule a consultation with one of trainers today and learn about our special bridal packages that include a free InBody body composition analysis!

Come see us at the Elegant Bridal Expo

Sunday • February 24 • 12-4pm • DoubleTree Hotel

We will be offering a variety of special personal training packages for for you, your fiance and your wedding party!



Host a Party at Four Seasons!

We have many spaces available for room rental and/or custom parties (including gyms, pools, fitness studios). We can help you put together a great event, whether it's a simple pool party or a dance fitness fiesta with one of our group fitness instructors. The possibilities are endless! Prices vary - we will provide a quote after we have gathered all your necessary information. Rentals available to members only. **Please visit our website to fill out a Rental Space Request** (4seasons-club>member portal>rental space request).

If you want the FSI Party Room ONLY, you may reserve it by contacting the Front Desk.

Want to reserve game or practice time in the gym?

Please visit our website to fill out a Rental Space Request (4seasons-club>member portal>rental space request).



Girls World Expo – Ages 11-17

Sunday • March 3 • 12-4pm • Parke Regency Hotel

Bring your friends! Girls World Expo can change your life – come together with your friends, or make new ones at the Expo. Enjoy a magical day where you will hear from and meet successful and powerful women right from our own community who can show you a path to success! You will attend workshops, listen to speakers, see demonstrations, science exhibits, and speak one-on-one with women who are leaders in business, government, industry, the arts, and many other realms of endeavor. **Be sure to stop by our Four Seasons booth for fun fitness demos, information, giveaways and more!**

Stay Healthy!

We are in the midst of an especially bad cold & flu season. In an effort to help everyone stay healthy we ask you to be sure to **wipe down all equipment with disinfectant** after use. Spray bottles & towels are available in the weight training areas, and disposable wipes are available in the cardio areas. Hand sanitizer is readily available as well.

Stay Motivated in Your Swim Workout!

- Challenge is on-going- sign up and go at your own pace.
- Track the laps you swim during each workout on our Aquatics webpage under Quick Links.
- Receive monthly updates on your mileage, encouragement and motivation, access to the private Facebook group, and opportunities to boost your laps throughout the year.
- Monthly top swimmers will be entered into a drawing for exclusive swim raffle prizes.
- When you reach your chosen miles for the year, you will receive a t-shirt, recognition, and a chance to win the grand prize.
- Only \$5 to participate (fee is non-refundable)

Register online 4seasons-club.com or at Four Seasons I

