

Tools and Tips to Living Independently

presented by Abbie Robison & Jillyn Thornton, OSF Physical Therapists

Tuesday • April 23 • 1-1:45pm • FSII Multipurpose Rm

Pick up ideas for yourself or loved ones to keep everyone safe at home especially when balance and mobility are issues. Everyone can benefit from this presentation!

Earn 25 Rewards4You Perville points by attending.

RSVP at either Front Desk



A Matter of Balance

presented by OSF Physical Therapists Amy Christianson and Heather Arndt

Mondays • April 1 - May 20 • 8:30-10:30am • FSII Community Rm

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Join us for this **FREE 8-week class**.

Pre-registration is required. Register at the FSII front desk Space is limited!

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling

Save the Date - Battle 4 BloNo
Saturday, September 14



Mark Your Calendar!

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

April

- Apr 1-2: Spring Polar Bear Late Registration
- Apr 1-May 20: A Matter of Balance, Mondays 8:30-10:30am FSII
- Apr 1-May 23: PIT Basketball Technique Training Spring Session, FSI
- Apr 1-May 24: Group Swim Lessons Spring Session
- Apr 2: Family Health Expo, 3-7pm IWU Shirk Center
- Apr 3: Summer Day Camp Registration Opens, Online only
- Apr 13-27: Triathlon Workshop, Saturdays 11-11:45am FSI

- Apr 15: Stingrays Summer Swim Team Registration Opens
- Apr 19: Childcare Easter Egg Hunt & Games, 10:15-11:15am FSII
- Apr 19-21: Modified Group Fitness Schedule
- Apr 20: MCStrong 5K Classic, CornCrib
- Apr 23: Fit Together Seminar: Tools & Tips to Living Independently, 1-1:45pm FSII
- Apr 29: HYPE & Project Oz WERQ/Yoga party @ BHS

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 April 2019

TRANSFORMING LIVES BY CREATING A HEALTHIER COMMUNITY

We're Hiring!

Lifeguards & Swim Instructors

We are also looking for candidates to fill other positions including custodian & childcare workers. At Four Seasons, our employees should exhibit a passion for **transforming lives** and work to **create a healthier community** among members and staff. Come join the Four Seasons family! **Visit our website > jobs for details and to apply.**

Now Open to the Public! Weekly Rates Available!

Summer Day Camp!

Tell Your Friends!! Open to Non-Members • Weekly Rates

June 3 – August 14 (11 weeks, no camp July 4 & 5) • **Four Seasons I • 6:30am-6:00pm M-F**

We're ready for a fun and exciting summer with your kids. Activities include swimming, group activities, arts and crafts, a weekly field trip and much more! We'll provide a fun and safe camp experience while creating great memories for your child.

Please visit our website 4seasons-club.com > Membership > Summer Day Camp for more information.

Couch to 5K for Beginning Runners

Thursdays • 6-6:30pm • FSI Indoor Track • Open to all ages!

Alex Lugar, FS Personal Trainer, will lead a couch to 5K running program for beginning runners. This 30 minute class will teach you the very basics of running and help you build endurance to run a 5K. No prior running experience necessary. Participants under 11 must have a parent present in the gym at all times.

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.



Learn to be a Triathlete!

Saturdays • 11-11:45am • April 13, 20, 27

Introductory 3-week workshop includes:

- brief explanation of triathlon swim rules and regulations
- quick evaluation to determine comfort level & ability
- build upon skills each week

Maximum 6 adult participants per session.

\$30

All swim ability levels are welcome to participate!

Registration opens March 1 at the Front Desk at FSI or online



Karate

Ages 6 and up

Our traditional Shotokan Karate program helps develop coordination, agility, and overall health, while training the student to channel mental energy in a positive manner and reducing tension caused by everyday stress. For kids and adults!



Family Friendly Group Exercise Classes at FSI

Come workout as a family! We offer Family WERQ, Pilates Mat, Water Bootcamp, Ultimate H2O, POUND, Run & Stretch, Couch to 5K & Gentle Yoga. Adults must be present at all times with children in our family friendly classes.

Check our group fitness schedule for age restrictions, days & times.

Childcare Easter Egg Hunt & Games

Friday • April 19 • 10:15-11:15am • FSII only

Childcare will host an Easter egg hunt & games on the front lawn at FSII. (If weather is bad we will hold the event in The PIT.)



Modified Group Fitness Schedule

Due to Easter holiday, we will have a modified group fitness schedule Friday, April 19 - Sunday, April 21. Please check our website or mobile app for classes & times.

Eat Clean & Healthy with Cook Farm CSA!

We're excited to announce our new partnership with Cook Farm – a small, first-generation vegetable farm just outside Bloomington. They raise a large variety of vegetables and herbs through organic practices, with a "hope to care for the land we work and the community we feed." Our partnership will make clean eating easier than ever – with monthly pick ups at Four Seasons II from June - November. Cook Farm offers clean, fresh, nutritionally dense spring greens, heirloom tomatoes, fall squashes and everything in between! And we'll provide recipes that help you meet your wellness goals. How cool is that?

Cook Farm is offering Four Seasons members a discounted rate of only \$162 for a 1x/month CSA (community supported agriculture) share!

1 Wednesday per month (exact dates TBD) • June - November • 4-6pm
Pick up at FSII

Visit cook-farm.com to sign up!



Facility Improvements Underway

In our efforts toward continuous improvement, we have many facility upgrade & maintenance projects underway this month including:

- Security camera upgrades (internal & external) at both clubs
- Parking lot repairs & lighting
- AC installation in gyms at FSI
- Painting gyms at FSI
- Pool area maintenance
- Humidity control upgrade in Pool areas

Stingrays Summer Swim Team Registration

Registration: April 15-June 7 • Front Desk at FSI

Session Dates: May 28-July 23

Stingrays Swim Team is part of the Twin City Swim Conference, and the swim meets are scheduled with teams that are members of the same conference.

Practice Times (South/Lap Pool)

Ages 13-18	Mon-Fri	7:30am-9:00am
Ages 11-12	Mon-Fri	9:00am-10:30am
Ages 9-10	Mon-Fri	9:00am-10:30am
Ages 5-8	Mon-Fri	10:30am- 11:30am

Fees: First Swimmer \$85

Additional swimmers in family \$50 per person



PIT Basketball Technique Training Spring Session

April 1 - May 22 • Mondays & Wednesdays • The PIT
2nd-12th grade

Under the direction of Nate Kohler, PIT Basketball Skills Coach, learn the "I'm Possible" signature skill sets and gain new knowledge to apply during games and practices! 60-minute sessions focus on ball handling, shooting, footwork, passing and individual moves.

Visit the Front Desk at FS I for details and to register.

