



MEMBER APPRECIATION MONTH

APRIL 2018

APRIL IS STRESS AWARENESS MONTH - DESTRESS WITH LA GRANGE FITNESS!
PLUS, SHOW YOUR SUPPORT FOR AUTISM AWARENESS BY WEARING BLUE!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 De-Stress with a Happiness Journal! For the next 30 days spend a few minutes reflecting on the day and list five things that made you happy!	2 WORLD AUTISM AWARENESS DAY! BE A SUPPORTER AND WEAR BLUE TO BE ELIGIBLE TO ENTER INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	3	4 SMALL GROUP CIRCUIT TRAINING BEGINS WITH HOLLY KALLAL at 11AM <small>Register for class at fitness desk</small>	5 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	6 De-Stress Tip <i>Make up your mind to get and stay healthy!</i>	7
8 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	9 De-Stress Tip <i>Take a few minutes to plan out your week!</i>	10 BRING A FRIEND DAY! FITNESS CENTER USE ONLY// 16 YEARS AND UP <small>Parent must sign waiver for users under 18.</small>	11 Agility & Speed Clinic With Rudy Luna 18 years and older <small>Sign up at fitness desk</small>	12 HEALTHY SNACK DAY! <small>*While Supplies Last</small>	13 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	14 De-Stress with Laughter! <i>Watch a funny show/video or tell a funny joke. Whatever it takes, give yourself time for laughter each and every day!</i>
15	16 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	17 FUNCTIONAL RESISTANCE TRAINING WITH PERSONAL TRAINER DAVID SMITH @ 10AM. <small>Space is limited. Sign up at the fitness desk.</small>	18 De-Stress Tip <i>Declutter something at your house or in the office!</i>	19	20 De-Stress Tip <i>Meditate for 10 minutes a day!</i>	21 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>
22 De-Stress Tip <i>De-stress by living in the moment. Focus on now!</i>	23	24 HEALTHY SNACK DAY! <small>*While Supplies Last</small>	25 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	26 De-Stress Tip <i>Put a positive spin on it, do your best to stay positive, no matter what the situation.</i>	27 BRING A FRIEND DAY! FITNESS CENTER USE ONLY// 16 YEARS AND UP <small>Parent must sign waiver for users under 18.</small>	28
29 De-Stress Tip <i>Help someone else! Sometimes the best way to reduce stress is to provide relief to someone else!</i>	30 WEAR BLUE TO BE ENTERED INTO A RAFFLE. <small>WINNERS WILL BE DRAWN AT BEGINNING OF MAY.</small>	Raffle prize winners will be posted by May 4th. Raffle prizes include a free personal training session, Palmers Place Restaurant giveaways, t-shirts, water bottles, gym bag and more!				

