

# the Marsh Monthly

Volume 26, Issue 6

June 2011



## Balance Bylines

By Ruth Stricker

*Every now and then go away,  
Have a little relaxation,  
for when you come back  
to your work.  
Your judgement will be surer;  
since to remain constantly at your work  
will cause you to lose power  
of judgement...*

*Go some distance away  
because the work appears smaller  
and more of it  
can be taken in at a glance,  
and a lack of harmony  
or proportion  
is more readily seen.*

Leonardo da Vinci  
(1452 – 1519)

Welcome to June and hopefully summer with the presence of a brilliant and warm sun. We have been waiting for this! ...a time for pushing out the margins of outdoor activities and a time for relaxation of our Minnesota routines.

“Have a little relaxation,” da Vinci advises. This man, Italian painter, sculptor, architect, musician, engineer, mathematician and scientist, has been called by many historians the man with the most inquiring mind of all time. When we consider the sheer amount of creative work that he amassed in his lifetime, it would be easy to conjure up a picture of a workaholic, Type A person who never did anything but paint, sculpt and invent every waking moment of his life. Yet this original Renaissance man is advising us to escape from the daily routine and go some distance away to become more efficient and productive. He is encouraging us to have balance in our lives regardless of our pursuits.

Even though Leonardo may be speaking as an artist, his advice is applicable today... to know when to retreat and clear our heads of the immediate concerns. In that process of walking away, we begin to see our work, our family, our health or project from a different perspective.

On this subject, Wayne Dyer wrote in *Wisdom of Ages*, “The less stress you place on yourself to accomplish or complete a task, ironically you seem to gain the power to do just that. When you are detached from the outcome you are in process and you are allowing the outcome to take care of itself.” He then cites some examples of this principle at work in activities of pleasure. “On a dance floor your objective is not to end up at a particular place on the floor. The object is to enjoy the dance. Similarly, at a concert, your purpose is not to get to the end of the music, but to enjoy each moment of the concert. Think of eating a banana. What is the purpose? To get from one end to the other? Or to enjoy each bite?”

***“To enhance the process of living...  
take mini-vacations of the mind.”***

When we relax and let go, we can get naturally lost in the process of flow or in a play state of mind. “Going some distance away” can happen in many ways – from simply taking a long walk, meditation, getting “lost” in physical movement or finding summer reflective time... a time of slowing down enough to allow the back of our minds to come forward.

We invite you to discover the many places and ways to “go away” at The Marsh and then enjoy them for what they are, rather than the final outcome. Let us stay healthy and happy by finding the flow and play in our lives this summer. I believe that is what Leonardo da Vinci meant – to enhance the process of living by taking mini-vacations of the mind.

“Have a little relaxation,”

*Ruth Stricker*



## Physician Lecture... *Are Your Arteries Killing You?*

**Thursday, June 16, 7:00 p.m.**

Unhealthy arteries can lead to life threatening events like strokes, heart attacks, TIAs (Transient Ischemic Attacks), Coronary Artery Disease (Atherosclerosis) and Peripheral

Artery Disease (PAD). Internal Medicine Physician Jason Reed will help us understand what we can do to reduce our risk of arterial disease as well as identify and treat symptoms. *\$10/\$15*

## Merz Physical Therapy Workshop: *Protect Your Back*

**Wednesdays, June 15 - 29, 1:00 – 2:00 p.m.**

Back pain is at epidemic proportions, affecting nearly 80% of Americans at some point in their life. There are strategies that you can implement to help reduce your chances of getting back pain. Join Merz Physical Therapist Shawn Marquis for this three-part workshop. Classes focus on breathing, the lower abdominal muscles and their relationship to core strength, spinal stability and function. *\$75/\$85 for the series.*

## Pain Relief for Sports Injuries

Whether you are a weekend warrior, competitor or regular exerciser, you may be susceptible to various injuries and conditions, such as tendonitis, plantar fasciitis, repetitive stress or other joint or muscle injuries.

Traditional therapies, such as ice packs, heating pads, surgeries and injections, over the counter medication and prescription drugs, may have limited success. A fairly new therapy has been proven effective for these conditions: cold laser therapy. This non-invasive therapy is offered at The Marsh.

Dr. Jason Reed, a practicing internist and founding partner and medical director of Relief Laser, a cold laser therapy clinic, leads a **complimentary Informal Small Group Information Session, Thursday, June 16, 1:00 - 2:00 p.m. Complimentary.**

Dr. Reed is also available for private consults, **Thursdays, 9:00 - 11:00 a.m., \$100 per session.**



*Carole Leomporra & Candy Swanson*

## *Member's Story...*

Everyone is familiar with the proverb, "It takes a village to raise a child." But few people have lived its meaning truer than Marsh member

Carole Leomporra. In addition to raising two successful daughters, she has given generously of her time and talents to support children and families in myriad ways, ranging from volunteer leadership in her local school district to international service with Cross Cultural Solutions. Now it's Carole's turn for the village to support her.

After a brave battle with cancer, her husband of 40 years and much-loved Marsh member Dominic "Leo" Leomporra passed away last fall. "This is a very hard part of my life, but I am committed to grieving and healing in a healthy way. I can only do this by making The Marsh my second home," says Carole.

In October, she began training with Exercise Specialist Candy Swanson.

In April, she began Biometrics, a weight loss program, but it means so much more for Carole. "Although I haven't yet reached my goal weight, the fact that I come regularly, along with the strength and support I get from the amazing staff, is having a huge impact. With each day that passes, I can focus more on my health and being fit."

Carole also takes advantage of many other resources at The Marsh, including regular massages, yoga classes where she has learned helpful new breathing techniques and down time in the restaurant, reading the paper or enjoying dinner with a friend. She tells us, "The Marsh is good for my soul...it is a tender and gentle place for my healing."

*"The Marsh is good for my soul."*

## BIOMETRICS<sup>®</sup> ONE • ONE • ONE

**Biometrics**, The Marsh's six-week weight loss program that combines exercise sessions three times a week with a healthy meal plan and unprecedented support from a personal trainer, exercise physiologist and dietitian is personalized for each individual who participates. But beyond weight loss, health and well-being are always a priority. According to Marsh Dietitian Kim Plessel, some people who enroll in Biometrics are focused on improving their fitness, others are responding to health concerns and some members want to develop and maintain healthy lifestyle habits, including a better relationship with food. *To learn more about The Marsh's Biometrics program, contact Joel French at 952-930-8512 or Kim Plessel at 952-930-8545.*

Unless otherwise noted, register for classes and events at [TheMarsh.com](http://TheMarsh.com) or the Front Desk at 952-935-2202.



## “NOT ME!” Safety Training Could Save Your Life

**Wednesday, June 22, 5:00 - 8:00 p.m.**

A close friend asked Al Horner to teach his daughter some self-defense skills before she left home for college. Three weeks later, she had to use them. 1 in 5 women will be sexually assaulted. Don't be one of them!

**Al Horner**, founder of the “NOT ME!”

Safety and Defense Training Program and former Navy Seal, teaches practical, real-life self-defense techniques that focus on avoiding being in a threatening situation in the first place. Learn to be more alert to dangerous situations and find out what to do if you are attacked! Bring your friends, daughters and other women you care about. (*\$79 for those 18 and older; \$59, 13-17 years of age*). *The first 10 to sign up will receive a FREE personal alarm!*

## Franklin Method: *Can your Shoulders be Happy?*

**Thursday, June 23, 7:00 p.m.**

The answer is Yes! Popular instructor **Angela Kneale**, the only second-level certified Franklin Method instructor in Minnesota, teaches the Franklin Method for improved function and movement. This workshop serves as a wholesome foundation for a liberated shoulder girdle, increased circulation and balanced posture. The class includes:

- Experiential anatomy: in this case, we'll learn about our shoulder girdle
- Power of imagery: creating an awareness of the organic causes of tightness and muscular rigidity will help you to visualize and support correcting/changing your movement patterns.
- Tools to improve your movement: Franklin balls and elastic bands.

*\$20/\$30. Space is limited to 20 participants.*

## Pilates Programs...

**Pilates Barre Series - Tuesdays, June 7 - 28, 8:00 a.m.**

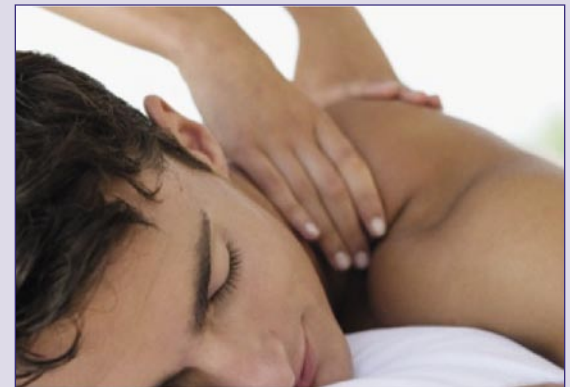
The fusion of Pilates Matwork and challenging ballet barre work helps improve your posture and increase strength, flexibility and muscle tone. Taught by Pilates instructor Lesley Koehnen. *Series: \$30/\$45, class \$10/\$15*

**Mat Classes** - Pilates Mat classes provide an economical way to learn Pilates and the format allows you to progress at your own pace. A new eight-week series begins this month:

- **Intermediate/Advanced** – Monday, June 6, 6:45 p.m.
- **Beginning** – Tuesday, June 7, 10:30 a.m.
- **Intermediate** – Thursday, June 9, 10:30 a.m.

*\$95/\$150 for the series. Complimentary if you are signed up for personal training.*

**Open Doors** - Curious about our Pilates programs? Drop-in for a complimentary Open Door session: **Monday, June 6, 10:00 a.m.** and **Saturday, June 25, 11:00 a.m.**



## Gift Ideas for Dad...

### Spa Day for Dad Package

Help Dad relax from head to toe! This package combines three of our most popular spa services—massage, facial and pedicure—into one great package tailored especially for men. *\$175/\$215, plus tax.*

### New! Men's Shaving Package

Give Dad the perfect combination of products to help you get a closer, more comfortable shave and softer and smoother skin.

- **The Clarasonic Pro Skincare Brush**  
*An oscillating brush that can help you better lubricate your skin when applying shaving cream*
- **Glymed Men's Shaving Cream**
- **Declor Razor**

*\$225 (A savings of \$49 off individual pricing)*

## Cards & Gifts in the Shop...

- Games and Gadgets
- Books
- Barbeque Accessories
- New Logo Wear - tees, polo shirts, sweatshirts
- Eyebobs (*see page 6*)

## Marsh Gift Cards

Always a great present, our gift cards are available in all denominations and can be used throughout The Marsh. *Purchase in person or online.*



# Summertime at The Marsh...

## What are your favorite summertime activities at The Marsh?

### Here's what our members say...

- I appreciate the sense of community.
- Dining on the deck with friends and family.
- Lounging on the deck on Saturday evening while listening to Benny Weinbeck on the piano.
- Sharing smiles, laughter, good food and a sip of wine!
- Workouts outside with Mike Bialick.
- There is nothing better than Pilates and Yogilates out on the deck...awesome!
- I love the same things in the summer that I love about The Marsh year round...the energy, tranquility, and the members and employees who have become good friends.
- I like being able to exercise in a cool environment and seeing all my buddies!
- Relaxing in the pools.
- Watching the sun go down.
- Sitting outside and watching the grasses waving in the breeze off the deck
- Seeing butterflies enjoy the native plant gardens.
- The paths through the marsh.
- The grounds are lovely. It is a simple beauty enhancing the more natural environment. I enjoy the view from whatever window I look out. In class I see the hibiscus on the deck and from the cafeteria, the pots of geraniums.
- Enjoying the artwork throughout the building!

## In the Restaurant...

**Extended Happy Hour:** For the summer, we are extending our Happy Hour to 8:00 p.m. Stop by between 4:00 p.m. and 8:00 p.m. Monday through Friday for \$4 glasses of wine and \$4 appetizers.

**Music on Saturdays:** On Saturdays from 5:00 p.m. - 7:00 p.m., enjoy the sweet music of Benny Weinbeck at the piano. From 7:00 - 8:00 p.m. Marsh member Richard Noland sings and plays guitar on the deck.

## Celebrating the Summer Solstice Tuesday, June 21

Welcome summer and celebrate all the beauty that comes with the new season.

**☘ Sunrise Kripalu Yoga, 5:30 a.m.** (sunrise is 5:26 a.m.)  
Liz Anema leads a special sunrise yoga class on the deck (weather permitting). *Complimentary. Bring a donation for the ICA Food Shelf.*

**☘ Restoring Yoga Nidra, 7:30 – 9:00 p.m.** (sunset is 9:03 p.m.)  
Deeper and more relaxing than sleep, this non-movement yoga class is sometimes called “yogic sleep”. Yoga Nidra takes you to that sweet place between sleep and wakefulness where your body can find the peace and restoration it needs. Taught by **Sharon Hills-Bonczyk**, 500-hour certified Kripalu Yoga instructor. *\$20/\$30.*

## ☘ Tai Chi in the Gardens Friday, June 24, 10:15 a.m.

Back by popular demand! The beautiful Noerenberg Memorial Gardens is again the site for our special Tai Chi in the Gardens class led by Heather Reade and Liz Anema. *Complimentary and open to everyone.*



## Bike Ride and Breakfast Saturday, June 25, 8:30 a.m.

Ride the paved Dakota Trail to beautiful St. Boni for breakfast at the St. Boni Bistro. Marsh Exercise Specialist and cycling enthusiast Diane Pattridge leads this 26 mile round trip recreational bike tour. Meet at Blake Highcroft Elementary School (just outside of Wayzata) at 8:30 a.m. *Cost: \$8/\$10 (does not include your breakfast).*

## TEAM Marsh Minnetonka Summer Festival Saturday, June 25

Join Team Marsh for the Minnetonka Summer Festival 8K Walk/Run. The 8K is a certified race course which travels through a beautiful wooded area that is generally flat, with some rolling hills. *Meet at The Marsh (which is six blocks from the start of the race) at 7:00 a.m. Contact Mike at mbialick@themarsh.com to let him know you plan to come.*

## New! Spa Summer Sizzler Sampler

- 25 minute massage
- 35 minute Refreshing Facial
- 25 minute Express Pedicure
- Spa Lunch (\$15 value)

*Call 952-935-8905 to schedule your appointment. \$117/\$135.*

Unless otherwise noted, register for classes and events at [TheMarsh.com](http://TheMarsh.com) or the Front Desk at 952-935-2202.



## Gather a Few Friends and Get In Shape

The fact that it is your personal wellness journey doesn't mean you have to do it alone. Small group training is an affordable

and fun way to ensure that you meet and maintain your goals.

Benefits of small group training:

- Learn from Marsh fitness professionals, as well as from others in your small group.
- Less intimidating environment when you are grouped with similar fitness levels. It is motivating and fun.
- Ensures safe and effective workouts, as the instructor makes sure the exercises are being performed correctly and providing modifications when necessary.

### Small group training is available at The Marsh:

**Pilates:** beginning, intermediate, and advanced group reformer classes – contact Carol, [cpehle@themarsh.com](mailto:cpehle@themarsh.com) or 952-930-8524

**Studio:** dance, yoga tai chi, and Body Pump – contact Liz, [lizanema@themarsh.com](mailto:lizanema@themarsh.com) or 952-930-8528

**Pool:** functional training, such as balance and swimming lessons – contact Jillian, [jmarkus@themarsh.com](mailto:jmarkus@themarsh.com) or 952-930-8511

**Training Center:** strength and cardiovascular fitness – contact Joel, [jfrench@themarsh.com](mailto:jfrench@themarsh.com) or 952-930-8512

**NEW! TRX Bodyweight Training:** Coming in July!

*\$25 per person/one-hour session. Minimum of three, maximum of six people to a group.*

## Student Break Memberships

Nearly half of American youth, 12-21 years of age, are not vigorously active on a regular basis. Not surprisingly, participation in all types of physical activity declines with age. Finding a fun activity in a non-intimidating environment is the key to help increase your kids (grandkids) physical activity. Bringing a friend along enhances the experience.

Our Body Jam, Zumba and Body Pump classes are perfect for the young – and young at heart. Those interested in more serious sports can join our Team Marsh Running Group, led by Marsh Trainer and former University of Minnesota standout distance runner, Mike Bialick, M.Ed.

The Marsh offers Student Break Memberships for high school and college students, (16-25 years of age). Choose from one week, one month or three months. *For more information, stop by the member services department, or call 952-930-8510.*



*Summer Group Exercise Schedule begins June 6!*

## In the Pool...



### Men Only Hydrotherapy Class

**Monday, June 13  
9:00 - 10:00 a.m.**

The increase in summer outdoor activities, such as golfing, tennis, biking and yard work adds stress and strain to the

body. The spine twists, joints get achy, and muscles tighten. But have no fear...relief is in sight! Put on your swim suit and join Aquatics Director Jillian Markus in our Warm Water Therapy Pool for a Men Only Hydrotherapy Workshop. Reap the benefits - reduce aches and pains and preserve health and longevity in all your activities. *\$10/\$15*

### Arthritis Series ...

#### Warm Water Pool

**Thursdays, June 9 - 30, 11:45 a.m. - 12:30 p.m.**

Just being in our warm water pool helps relieve pain and stiffness for those living with arthritis. It also offers a safe environment for gaining strength and flexibility without putting excess strain on your joints and muscles. *Contact Jillian at 952-930-8511 or [jmarkus@themarsh.com](mailto:jmarkus@themarsh.com) for more information.*

*Limited to 16 participants; \$15/\$20 for series, \$5/\$8 per class.*

### Children's Summer Swimming Lessons begin June 21

Register today for small group, private and semi-private lessons available for children from 6 months to 16 years. *For more information, contact Jillian Markus, 952-930-8511 or [jmarkus@themarsh.com](mailto:jmarkus@themarsh.com).*

Popular Pool instructor **Barb Denslow** returns from Florida to teach Mondays and Wednesdays. *Check the schedule at [www.themarsh.com](http://www.themarsh.com) for new classes and times.*



## Yoga Workshop: *Balance Your Breathing*

**Saturday, June 18, 3:00 – 5:00 p.m.**  
This workshop will focus on awakening the vital energy that resides within us through simple breathing techniques and postures. Practicing pranayama (yogic breathing) and applying it to

modern life can help with stress reduction and overall sense of well-being. Led by **Ambika Karen Filardo**, a Faculty Assistant at Kripalu Center for Yoga and Health in Massachusetts. \$30/\$40

## In the Shop...

### Eyebobs Trunk Show

**Tuesday, June 14, 9:30 a.m. - 5:00 p.m.**

Looking for sun glasses or reading glasses that are both distinguished and distinctive? We'll be showcasing the latest styles from Eyebobs, eye glasses glasses that make a statement. And remember, a qualified optician can convert eyebobs to prescription glasses. We'll be offering refreshments while you shop.



### Fourth of July Celebration Decor...

*Yard Candles*                      *Red, White & Blue Party Favors*  
*Serving Dishes*                    *Pinwheels*  
*Lanterns*

## Through No Fault of My Own with Peg Meier

**Monday, June 20, 12:30 p.m.**

Coco Irvine loved to write – and get into scrapes. *Through No Fault of My Own* is Coco's diary of life on Summit Avenue in 1926. Full of adventures, problems and romance, Coco used her diary to explain her side of the messes she created, often beginning her entries with, "I'm in deep trouble through no fault of my own."

Peg Meier, Marsh member and author of many popular books, will share the story of Coco Irvine, read excerpts of the diary, and sign books.

## Let's Talk Books

*The Immortal Life of Henrietta Lacks* by Rebecca Skloot

**Tuesday, June 14, 7:00 p.m. and Tuesday, June 21, 1:00 p.m.**

This non-fiction book is really at least two books in one - the true story of the mining of one woman's cells over sixty years ago and their importance in medical history still today and how that removal affected her family through time - even today. Add in the author's ten plus years of research and family contact and you have a fascinating read. Get your book in the Shop - marvel at it and then join us for the discussion. *Complimentary.*

## Members' Corner...

• **Amnesty Month...** We understand how easy it is to leave our building and accidentally take a towel, a glass, a fork or some other item with you. **Don't be embarrassed.** We invite you to return these items, no questions asked, this month and every month.

### • Fourth of July Hours:

Building hours: 7:00 a.m. - 3:00 p.m.

*Restaurant, Shop and Spa Closed. No pool classes*

### • Challenging Parking Days



This icon on our monthly calendar in the newsletter denotes days when our parking lot will be particularly busy due to a special event.

• **Bicycle Parking Racks...** can be found to the left side of the front doors as you approach the building.

• **Like Us on Facebook!** We are building a Facebook community and we hope you will be part of it. Find the link to our Facebook page at [TheMarsh.com](http://TheMarsh.com)

## New Members...

|                   |                   |                  |
|-------------------|-------------------|------------------|
| Carey Bohn        | Donald Grabanski  | Debbie Ondov     |
| Susan Bohn        | Michael Haynes    | Bonnie Roed      |
| Donn Boyer        | Paul Hoffman      | Jim Roed         |
| Florence Boyer    | Amber Holm        | Kerry Sage       |
| Shelley Brenton   | Susan Judd        | J.C. Savage      |
| Douglas Dayton    | Diane Kraemer     | Emily Schmitt    |
| Anne De Mersseman | Alexandra Loulias | Marlene Senechal |
| Russell Drake     | Ray Merz          | Judeann Sharp    |
| Joan Engstrom     | Robert Moilanen   | Jeri Veach       |
| Gloria Ford       | Eric Nielson      | Ying Wang        |
| Raymond Ford      | Elizabeth Novak   | Christel Webber  |

## Welcome to The Marsh...



The Marsh is pleased to welcome **Kristin Turner** as a new team member in our Training Center and Health Education Office. Kristin has a wealth of education, skills and experience that will greatly benefit Marsh members. Her

Master's Degree in Psychology, along with personal training and wellness coach certifications, uniquely qualify her to empathize, motivate and encourage positive behavior changes. "I am really excited to be at The Marsh where everyone is striving to help others become more healthy," she shared. Please stop by the Training Center and meet Kristin!

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



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Denotes special events that may affect parking



Represents complimentary programs for members

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|--|--|--|--|--|
| <b>5</b><br>Aquababies and Aquatots<br>3:30 - 6:00 p.m. | <b>6</b><br>✓ Pilates Open Door<br>10:00 a.m.<br>✓ Knit and Nosh<br>4:00 p.m.<br>Pilates Mat Class:<br><i>Intermediate/Advanced</i><br>6:45 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m.                                 | <b>7</b><br>✓ <b>Pilates Barre</b> 8:00 a.m.<br>Pilates Mat Class:<br><i>Beginning</i> 10:30 a.m.  | <b>1</b><br>Summer Happy Hour<br>Schedule Begins<br>4:00 - 8:00 p.m.<br><i>Monday - Saturday</i><br>✓ <b>BodyJam</b> 7:15 p.m.                       | <b>2</b><br><i>Pasta Night - 5:00 - 8:00 p.m.</i><br><b>9</b><br>Pilates Mat Class:<br><i>Intermediate</i> 10:30 a.m.<br>Arthritis: <i>Pool</i><br>11:45 a.m. - 12:30 p.m.<br><i>Pasta Night - 5:00 - 8:00 p.m.</i>  | <b>3</b><br>✓ <b>BodyJam</b> 9:15 a.m.<br><i>Fresh Catch Friday</i>  | <b>4</b><br>✓ <b>BodyJam</b> 10:30 a.m.<br><i>Happy Hour with Music</i><br>5:00 - 8:00 p.m.<br><i>Prime Rib Special</i>  |
| <b>12</b>   | <b>13</b><br>✓ Knit and Nosh<br>4:00 p.m.<br>Pilates Mat Class:<br><i>Intermediate/Advanced</i><br>6:45 p.m.<br>Men Only Hydrotherapy<br>Class 9:00 - 10:00 a.m.<br>✓ <b>BodyJam</b> 7:15 p.m.                 | <b>14</b> <i>Flag Day</i><br>✓ <b>Pilates Barre</b> 8:00 a.m.<br>Pilates Mat Class:<br><i>Beginning</i> 10:30 a.m.<br>Eyebobs Trunk Show<br>9:30 a.m. - 5:00 p.m.<br>✓ Let's Talk Books 7:00 p.m.  | <b>15</b><br>Protect Your Back Series<br>1:00 - 2:00 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m.  | <b>16</b><br>Pilates Mat Class:<br><i>Intermediate</i> 10:30 a.m.<br>Arthritis: <i>Pool</i><br>11:45 a.m. - 12:30 p.m.<br>✓ Relief Laser Information<br>Session 1:00 p.m.<br><i>Physician Lecture...<br/>Are Your Arteries Killing<br/>You? Dr. Jason Reed</i><br>7:00 p.m.<br><i>Pasta Night - 5:00 - 8:00 p.m.</i> | <b>17</b><br>✓ <b>Zumba</b> 9:15 a.m.<br><i>Fresh Catch Friday</i>   | <b>18</b><br>✓ <b>Nia</b> 10:30 a.m.<br>Yoga Workshop: Balance<br>Your Breathing<br>3:00 - 5:00 p.m.<br><i>Happy Hour with Music</i><br>5:00 - 8:00 p.m.<br><i>Prime Rib Special</i>   |
| <b>19</b> <i>Father's Day</i>                           | <b>20</b><br><i>Through No Fault of My<br/>Own</i> Peg Meier Event<br>12:30 p.m.<br>✓ Knit and Nosh 4:00 p.m.<br>Pilates Mat Class:<br><i>Intermediate/Advanced</i><br>6:45 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m. | <b>21</b> <i>Summer begins</i><br>✓ Sunrise Yoga 5:30 a.m.<br>✓ <b>Pilates Barre</b> 8:00 a.m.<br>Pilates Mat Class:<br><i>Beginning</i> 10:30 a.m.<br>✓ Let's Talk Books 1:00 p.m.<br>Summer Swim Lessons<br>begin 4:00 - 6:00 p.m.<br>Yoga Nidra 7:30 p.m. | <b>22</b><br>Protect Your Back Series<br>1:00 - 2:00 p.m.<br><i>Not Me! Self Defense<br/>Training</i> 5:00 - 8:00 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m. | <b>23</b><br>Pilates Mat Class:<br><i>Intermediate</i> 10:30 a.m.<br>Arthritis: <i>Pool</i><br>11:45 a.m. - 12:30 p.m.<br><i>Franklin Method: Happy<br/>Shoulders</i> 7:00 p.m.<br>Summer Swim Lessons<br>4:00 - 6:00 p.m.<br><i>Pasta Night - 5:00 - 8:00 p.m.</i>  | <b>24</b><br>✓ <b>BodyJam</b> 9:15 a.m.<br>✓ Tai Chi in the Gardens<br>10:15 a.m.<br><i>Fresh Catch Friday</i>   | <b>25</b> Team Marsh: <i>Mika.<br/>Summer Festival</i><br>Dakota Trail Bike<br>Ride 8:30 a.m.<br>✓ <b>Zumba with Live<br/>Drumming</b> 10:30 a.m.<br>✓ Pilates Open Door 11 a.m.<br><i>Happy Hour with Music</i><br>5:00 - 8:00 p.m.<br><i>Prime Rib Special</i> |
| <b>26</b>   | <b>27</b><br>✓ Knit and Nosh 4:00 p.m.<br>Pilates Mat Class:<br><i>Intermediate/Advanced</i><br>6:45 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m.  | <b>28</b><br>✓ <b>Pilates Barre</b> 8:00 a.m.<br>Pilates Mat Class:<br><i>Beginning</i> 10:30 a.m.<br><br>Summer Swim Lessons<br>4:00 - 6:00 p.m.  | <b>29</b><br>Protect Your Back Series<br>1:00 - 2:00 p.m.<br>✓ <b>BodyJam</b> 7:15 p.m.  | <b>30</b><br>Pilates Mat Class:<br><i>Intermediate</i> 10:30 a.m.<br>Arthritis: <i>Pool</i><br>11:45 a.m. - 12:30 p.m.<br><br>Summer Swim Lessons<br>4:00 - 6:00 p.m.  | <b>Upcoming Events...</b><br>• Fourth of July Hours: 7:00 a.m. - 3:00 p.m.<br><i>Restaurant, Shop and Spa Closed. No pool classes.</i><br>• Deepening Mindfulness Meditation - July 11 |  |

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- *Are Your Arteries Killing You?*
- *Pain Relief for Sports Injuries*
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- *“NOT ME!” Safety Training*
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- *Celebrating the Summer Solstice*
- *Men Only Hydrotherapy Class*

## Celebrating 26 Years...

