

# the Marsh Monthly

Volume 26, Issue 7

July 2011



## Balance Bylines

By Ruth Stricker

For years we have informally called The Marsh a “Gathering Place”... a term inspired by Norman Lear’s quote, “people will gather where something good is happening.” We know this to be true when we see people in groups throughout our building... participating in an exercise class, listening to a speaker, attending a course, celebrating a family ritual or socializing at Happy Hour or over lunch. Groups large and small. What is the power of group?

A recent article written by columnist Stevie Ray, as published in the *Mpls/St. Paul Business Journal*, prompted me to think further about why we gather together. With the writer’s permission, I will try to summarize the reasons for his theme: **“Sometimes people just need to breathe the same air.”**

Ray began by telling how he was coerced by his wife into attending a chamber orchestra concert. *It struck me that since there was no actual performance other than the musicians playing, the entire evening could just as easily been played on a radio or sound system. What was it about sitting and watching musicians play music that caused people to shell out \$40 per ticket?... Then it happened. The concert ended and the nearly 2,000-person audience stood to applaud. Shouts of “bravo” echoed from the balconies and box seats. It hit me: we were all experiencing the same thing, at the same time, in the same space.*

Ray’s explanation: *Much of our behavior comes from what psychologists call a cued response. Rare is the case where a human decides how to act solely on his own. We act based on the behavior of those around us. This can’t happen unless we have contact with others. When a*

*human needs to reconnect with others and isn’t allowed to, the result is isolation, frustration and poor mental and physical health. He or she rarely knows why they feel frustrated, but the body is signaling that something is out of whack. Connecting with other people is often all it takes to regain the balance.*

*We also need group experiences to lift ourselves from the every day. The standing ovation was as much for the audience as it was for the musicians. It was a way of saying “Hey! Didn’t we all experience this together?” Group experiences aren’t a way of getting away from the laundry. They make doing the laundry OK again!*

Stevie Ray has just reminded us that much of our validation comes from being with others and sharing experiences. Perhaps another form of balance at The Marsh is that of finding ourselves through the mind/body classes and knowing ourselves from being in a group. Whether it is a meditation class or a weight loss group, they both support the need to breathe the same air.

While we don’t have 2,000 people in an audience or at a Marsh function, there are many “bravos” in our groups. This month we are featuring some new groups on page 3 of this newsletter as well as Friday evenings and a special presentation on July 28th. We hope you will join us as you mix and match your activities with us.

Now it is summer (we hope) and a time to break loose from tight schedules and have-tos, to pursue our own passions and projects, enjoy our families and friends and maximize every warm, sunny moment.

Take care of yourselves, breathe and come to the “Gathering Place” for some **bravos!**

*Ruth Stricker*

## The Fascinating Dimensions of Culture

*An Exciting Evening with Tom Muller, Ph.D.*

**Thursday, July 28, 7:00 p.m.**

*Reception to follow*

Why do we dress the way we do? Why is obesity a stigma in some cultures and a status symbol in others? Why are dogs loved in some parts of the world, but contemptible in others? Because we are all products of our culture.

Tom Muller, one of the world's most traveled individuals, will help us understand our own behavior as well as that of people from many different parts of our world.

Born in Nairobi, Kenya to Czechoslovakian parents and educated in Kenya, Iran, Britain and Canada, Tom experienced a multicultural upbringing. He trained in experimental cognitive psychology and mathematical statistics and was a professor of consumer psychology for 25 years at universities in Canada, Australia and Japan. When he retired at the age of 64, he began to devote more time to his passion for adventure travel to the earth's remotest and least accessible regions. He has since visited 269 of the world's 872 countries, overseas territories, autonomous regions, island groups, and major political divisions. He currently resides in Runaway Bay, Queensland and writes about travel for a variety of magazines and periodicals whose readers are primarily Seniors and aging Baby Boomers. We are delighted to have him share his insights and adventures with Marsh members and friends. *\$10/\$20*

*Don't forget to make a reservation for dinner in our restaurant.*

## Deepening Mindfulness Meditation

*The Next Step for MBSR Graduates*

**Mondays, July 11 - August 1, 6:30 – 8:00 p.m.**

Tap into the power of the present moment and see with greater awareness the full spectrum of life and its endless possibilities. This workshop builds upon the breath work, meditation, mindful-movement and awareness in daily life that we began in the MBSR classes. Led by Terry Pearson, R.PH., MBA, who has over thirty years of experience in healthcare. *Previous meditation experience is required. Register at the Front Desk or online. \$100/\$125 for the series of four.*

## Balance Basics with Doug Merz

*Principles of Balance and Falls Prevention*

**Tuesday, July 12, noon - 1:00 p.m. \$20/\$30**

Explore the mechanical and physiological processes involved in maintaining your balance and equilibrium. Physical Therapist Doug Merz leads this experiential workshop that covers:

- Understanding your balance deficit
- When and why exercise can improve your balance
- How your basic anatomy contributes to your sense of balance and stability



## BIOMETRICS<sup>®</sup>

ONE • ON • ONE

### Say “No” to Yo-Yo Dieting

Yo-yo dieting is not only frustrating, but it flies in the face of long-term weight management. Strict dieting often leads to muscle loss and a lower metabolic rate over time. Ultimately, people stop “dieting” and when they return to their previous lifestyle, regain the weight they lost and more. Stop this cycle and lose the weight once and for all.

### Say “Yes” to Lifestyle Improvements

Marsh Registered Dietitian Kim Plessel recommends that you change your mindset from “dieting” to making healthy lifestyle improvements that you can sustain, including healthy eating and balanced exercise. You don't need to cut out all of your favorite foods, just eat them in proper balance.

### The Key is to Start with One-on-One Support

Our six-week One-on-One Biometrics program gives you the tools and support to make healthy lifestyle changes: a healthy meal plan—complete with shopping lists and recipes, personal training sessions three times a week, and a team including a registered dietitian, exercise physiologist and your own personal trainer to keep you on track. Don't have time to cook? You can purchase Biometrics meals in our restaurant.

*To learn more about The Marsh's Biometrics program, contact Joel French at 952-930-8512 or Kim Plessel at 952-930-8545.*

**Biometrics Information Meeting:  
Wednesday, July 13, 11:30 - 12:30 p.m.**





## Join a Group!



## Participate in Upcoming Walks/Runs with Team Marsh

### New! TRX Training

Get out of your rut and try something new. Our TRX Suspension Training for small groups is a fun and challenging new way to use your own body weight to strengthen your core, chest, back, arms and legs. Originally designed by a Navy SEAL to help our troops stay fit in the deserts of Iraq, this versatile exercise system can be adapted for people of all levels. Sign up to attend one of these introductory small group sessions in July.

- **Tuesday, July 26, 7:00 – 7:30 p.m.**
- **Wednesday, July 27, 12:15 – 12:45 p.m.**
- **Saturday, July 30, 11:30 a.m. - Noon**

Register online or at the desk. For more information, contact Mike Bialick at [mbialick@themarsh.com](mailto:mbialick@themarsh.com) or 952-935-2202. \$15/\$25 per person. Five people per session. No experience required.

### Let us help you find a small group that is right for YOU!

We know that a network of supportive friends plays a big part in both motivating you to exercise, making it fun and helping you stick with it. That's why we encourage you to participate in small group classes of three to six people, as well as our larger group fitness classes. In addition to all of the social advantages, it is an affordable way to work closely with our exercise specialists and studio instructors to ensure that you are performing the exercises properly and with any appropriate modifications.

If small group training appeals to you, contact Carol Pehle at 952-930-8524 or [cpehle@themarsh.com](mailto:cpehle@themarsh.com) or Colleen Hagerman at [chagerman@themarsh.com](mailto:chagerman@themarsh.com) or 952-930-8548. They will help you find a small group that is right for you. Small Group Training is only \$25 per person per hour for a group of 3 to 6 people.

#### Small Group Training Ideas

- Pilates Group Reformer Classes
- Yoga, Tai Chi, BodyPump™, BodyJam™
- Swimming Lessons
- Functional Training in the Pool
- Strength and Cardiovascular Fitness Training

Getting out and either walking or running a 5K is great way to get some exercise, discover new trails, spend time with friends and, often, support a good cause. It is also a great group outing for Marsh members and staff, and sporting a Team Marsh T-shirt (*available in the Shop*) is fun! Whether you are new to 5Ks or a regular participant, we invite you to connect with other Marsh members and staff by signing up to join us at one or more of the following events.

- **Wednesday, July 20, 7:00 p.m.** - *Torchlight 5K* from the Basilica of St. Mary to Nicollet Island
- **Sunday, August 7, 7:55 a.m.** - *Hennepin Lake Classic 10 & 5K* at Lake Calhoun
- **Saturday, September 10, 10:30 a.m.** - *Lupus Walk for Hope 10 & 5K Trail Run/Walk and 1 Mile Walk* at French Regional Park in Plymouth
- **Saturday, October 15, 7:30 a.m.** - *Tonka Trot* at Groveland Elementary School. Warm ups by Marsh Staff. The Marsh is the official fitness sponsor for this event

To participate in these events, sign up at the Training Center Desk. Training is available but not required for event participants.



### Marsh Discount Day at TC Running Company!

**Saturday, July 9** - Mention The Marsh and receive a 25% discount on shoes and 30% off clothing/accessories at TC Running Company, located at 6405 City West Parkway in Eden Prairie.

### Marsh X is Back! Now featuring TRX

**Weekly, beginning Saturday, August 6, 8:00 a.m.**

This one hour, high intensity, cross-training class will get your heart pumping and muscles burning to maximize your results.

- High intensity cardio and muscle blasting strength training in each class
- Fun, varied workouts including cycling, Bosu Ball, jumping rope, TRX and more!

*\$15/\$20 class. Limited to 10 participants. Register online or at the desk.*

## One Member's Story...

### Dale Woodbeck

Longtime Marsh member, triathlete and local businessman Dale Woodbeck knows that in order to stay fit, it is important to both listen to your body and respond to what it needs. Here's why he feels The Marsh is the place to make it happen!



Dale Woodbeck

#### Environment:

*Our quiet environment allows me to concentrate while exercising so that I can pay attention to what my body needs.*

#### Professional support:

*For three years, I have worked regularly with Marsh Exercise Specialist Ryan Ford who understands the art and science of training high level amateur athletes. Ryan ensures that I don't get in a rut by regularly adjusting my exercise routines and focusing on good racing techniques that keep me injury free.*

#### Spa:

*Massages in the spa have become a regular part of my exercise regimen. It helps with recovery after a race and with injury prevention. I was a little uncomfortable with the idea of massage at first. Now I encourage guys to just get past that. You only have to get one massage to see the value.*

You will often see Dale swimming laps in the pool, exercising in the Training Center or cycling on the trails around The Marsh, perhaps on his way to work as General Manager of Lakewinds Natural Foods Co-op.

## Congratulations!

Marsh Exercise Specialist **Ryan Ford** placed 55th out of 5,991 participants in Grandma's 1/2 Marathon, running it in 1:13:03.

*Way to go Ryan!*

## Yoga for Your Back

Saturday, July 16, 3:00 – 5:00 p.m.

In the majority of cases, back pain can be prevented or significantly reduced through stress reduction, posture education, stretching and strengthening. This workshop offers simple yet powerful, therapeutic yoga practices carefully designed to alleviate pain and promote a healthy back in a pain-free range of motion. You will leave with a daily yoga practice to relax and strengthen your back.

*Note: Please check with your doctor. Not appropriate for individuals with numbness or tingling in legs or feet, electric immobilizing pain in your back, or those unable to position themselves without pain.*

Taught by Sharon Hills-Bonczyk, a 500-hour certified Kripalu Yoga Instructor. \$30/\$40



## In the Spa...



## Massage for Athletes

Despite many people's perspective that getting a massage is a guilty pleasure, training experts agree that it is an important element of any exercise regimen for athletes at all levels. Not only can it relieve existing pain and tension, it can also prevent future pain. Just as our athletic pursuits tend to increase in the summer months, so should the frequency with which we receive a massage. Here are a few tips to consider.

- If you treat common overuse injuries such as sore ankles, sore shoulders and tight hamstrings with massage as soon as you feel the first muscle tweak or pain, you will be more likely to keep your training schedule on course.
- Having a massage 2 – 3 days prior to an athletic event helps release tension in your muscles and reduces pre-event stress and anxiety
- Having a massage a day or two after your event helps your muscles recover from the strenuous activity and improves your body's range of motion. It also reduces muscle spasms that have been caused by the event.

To book a sports massage in our Spa, call 952-935-8905.

## 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.

## Pilates...

### *Pilates Barre Series* - Tuesdays, July 5 - 26, 8:00 a.m.

*"This class is exhilarating! To combine the grace of ballet with the core strengthening of Pilates is very satisfying and you do not need experience in either venue to get started."* - Rhonda Shore, participant

Taught by Marsh Pilates instructor Lesley Koehnen, this four-class series has its foundation in traditional ballet where proper alignment and form is essential. Join the movement – you will improve your posture and increase strength, flexibility and muscle tone. \$30/\$45 for the series, \$10/\$15 per class.

### *Open Doors*

Curious about our Pilates programs? Drop-in for a complimentary Open Door session: **Monday, July 11, 10:00 a.m.** and **Saturday, July 30, 11:00 a.m.**



### *Pilates Assessments Now Available*

Whether you are brand new to Pilates, experiencing chronic pain, or coming off an injury and need rehabilitation recommendations, our new Pilates Assessment will benefit you. Merz Physical Therapist Shawn Marquis, now a certified Pilates instructor, uses her unique mix of skills to give Pilates assessments. Call Carol Peble at 952-930-8524 to schedule your Pilates Assessment for \$125 today!

### *Franklin Method® - Liberate Your Lats, Wings for Your Back*

#### *With Angela Kneale - Thursday, July 21, 7:00 p.m.*

Experience freedom of motion in your latissimus dorsi muscle, the broad muscle that spreads like wings across your back and connects your arms to your spine and pelvis. This class will help you improve function and movement in this part of your body by teaching:

- **Experiential anatomy:** back and shoulder joints and muscles
- **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 help you improve your movement:** Mini Roll & Franklin Bands

Led by Occupational Therapist Angela Kneale, the only second-level certified Franklin Method instructor in Minnesota. Space is limited to 20 participants; please register in advance at [www.themarsh.com](http://www.themarsh.com). Cost: \$30/\$40

### *Free to be FIT! Body Pump Launch*

In town on the Fourth of July? Join Ruth Kennifek for the Premiere Body Pump 78 Launch, **Monday, July 4 at 9:00 a.m.** Check the schedule July 12 - August 2 for more intro classes.

## Pool News...



### *New! Men's Hydrotherapy Class: Knees* **Wednesday, July 20 9:30 a.m.**

Knee pain? Relief is in sight. Whether you have been diagnosed with arthritis or have other knee pain/problems, this class is

for you. Learn exercises that help increase range of motion and strengthen the joint, techniques to help reduce pain and helpful tips on how to protect your knees during daily activities. Be brave! Put on your swim suit and join Aquatics Director Jillian Markus in the Therapy Pool for this men's only workshop. Reap the benefits: reduce aches and pains, preserve health and longevity in all your activities. \$10/\$15. Register online or at the Front Desk.

### *Latin Grooves*

#### **Tuesdays, July 12 and 19, 10:15 a.m.**

The Therapy Pool transforms into a Latin Disco. Join in the fun as instructor Katherine McGraw teaches you to shake your booty to Latin inspired music. Complimentary/\$15.

### *New Pool Instructors*

You can now find Marsh Exercise Specialists Kristin Turner and Peter Elsham in our pools teaching a variety of Lap and Therapy Pool classes. Check the weekly schedule for classes and times.

### *Mark Your Calendars*

**Therapy Pool** will be closed for maintenance and cleaning **Monday, August 15 - Sunday, August 21**

**Lap Pool** will be closed for maintenance and cleaning **Monday, August 22 - Sunday August 28**

### *Loungers Welcome on the Lower Deck*

One of the best perks for Marsh Members is access to the beautiful outdoor spaces, including the lower deck, located right outside the lap pool doors. Relax in one of the lawn chairs before or after class, enjoy the view and soak up some natural Vitamin D.

## What's New in the Restaurant?

### Lobster!

Our Fresh Catch Friday Menu now features Live Maine Lobster, prepared New England style with new potatoes, corn and drawn butter. Mark your calendar now for a special "Lobster Boil" on **August 25**.

### Locally Sourced Food!

We are showcasing produce from local farms, including DragSmith Farms in Barron, Wisconsin, Riverbend Farm near Delano and Hidden Stream Farm in Elgin. Our summer menu reflects the fresh seasonal bounty available from these and other area farms.

### Saturday Night Music on the Deck!

Enjoy our beautiful summer evenings while you gather to enjoy food and drink with your friends. Marsh member and guitar player Rick Nolan performs on the deck **Saturdays** from **7:00 - 8:00 p.m.** Pianist Benny Weinbeck performs indoors from **5:00 - 7:00 p.m.**



## Let's Talk Books

*The Help* by Kathryn Stockett and

*The Dry Grass of August* by Anna Jean Mayhew

These two books center on the South of the '50s and relationships between black, female servants, their mistresses and the children of the household. Read one or both of these enlightening books now available in the Shop. Both books will be discussed and you are invited to join us. **Tuesday, July 12, 7:00 p.m.** and **Tuesday, July 19, 1:00 p.m.** *Complimentary*

# SALE

## The Shop...

The Annual Summer Clothing and Gift Sale begins **Monday, July 11...** enjoy 25 - 75% off selected items.



Janet Greene **DESIGNS** Trunk Show

Custom handcrafted jewelry • Wednesday, July 20, 9:30 a.m. - 4:00 p.m.

## Members' Corner...

### • Fourth of July Hours:

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

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

### • Pool Closings:

Please be aware that our pools will be closed for cleaning during the following times.

**Therapy Pool:** Monday, August 16 - Saturday, August 21 at Noon

**Lap Pool:** Monday, August 22 - Sunday, August 28 at Noon

*Please note the pools are closed on alternate weeks so that one is always available to you.*

### What's Blooming in July?

From Pale Purple Coneflower to White Prairie Clover and yellow Black Eyed Susan our native prairie gardens are in full bloom. Please take time to enjoy them. A complete listing of plants is available on our website.

### Social Media Connections

Users of social media can now stay connected to The Marsh on Facebook. Find us at TheMarshMN and share our updates with your friends.

## New Members...

Jim Bast	Natasha Kohlenberger
Linda Bast	Elaine Larson
Kathy Burke	Charles Leck
John Burke	John Mach
Randi Cornett	Harry Maghakian
Madeline Cushman	Judy Maghakian
Flannery Daley	Ken Melrose
Jill Joseph	Kaye O'Leary
Mary Jubenville	John Ondov
Barbara Kleist	Rochelle Ratzloff
Teri Knapp	Patty Scheller
Don Kohlenberger	James Schumacher

## Intermediate Bridge Lessons

Dennis Higdum, popular American Contract Bridge League accredited teacher, known for his humor, as well as his ability to teach bridge, provides tips and techniques to improve your bridge game. **Eight-week series: Tuesdays, July 12 – September 13** (no class August 2 or September 6), **1:00 - 3:00 p.m.** \$175/\$225 for series, \$25/\$30 per class. Space is limited.

# JULY

# 2011

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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Represents complimentary programs for members

## Upcoming Events...

- Saturday, August 6 - Marsh X begins
- Thursday, August 25 - Lobster Boil



Denotes special events that may affect parking

<p><b>3</b></p> <p>Yoga Experiential All levels welcome 5:00 p.m.</p>	<p><b>4</b></p> <p>Independence Day Building Hours: 7:00 a.m. - 3:00 p.m. Restaurant, Shop &amp; Spa Closed. No pool classes. Body Pump 9:00 a.m.</p> 	<p><b>5</b></p> <p>Pilates Barre 8:00 a.m.</p>	<p><b>6</b></p> <p>Nia 10:15 a.m.</p>	<p><b>7</b></p> <p>Flo Motion 10:30 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>8</b></p> <p>Broadway Flo 9:15 a.m.</p> <p>Friday Night Jam Session with X-Box Kinect 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class 7:00 p.m. - Dance Central Fresh Catch Friday</p>	<p><b>9</b></p> <p>Marsh Discount Day at TC Running Company Nia 10:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>
<p><b>10</b></p> <p>Yoga Experiential All levels welcome 5:00 p.m.</p>	<p><b>11</b></p> <p>Annual Summer Sale in the Shop begins Pilates Open Door 10:00 a.m. Knit and Nosh 4:00 p.m. Deepening Mindfulness Meditation 6:30 p.m. BodyJam 7:15 p.m.</p>	<p><b>12</b></p> <p>Pilates Barre 8:00 a.m.</p> <p>Latin Grooves 10:15 a.m.</p> <p>Balance Basics Noon - 1:00 p.m. Bridges Lessons begin 1:00 - 3:00 p.m. Let's Talk Books 7:00 p.m.</p> 	<p><b>13</b></p> <p>Nia 10:15 a.m.</p> <p>Biometrics One-on-One Information Session 11:30 a.m. - 12:30 p.m.</p>	<p><b>14</b></p> <p>Cardio Salsa 10:30 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>15</b></p> <p>BodyJam 9:15 a.m.</p> <p>Fresh Catch Friday</p>	<p><b>16</b></p> <p>BodyJam 10:30 a.m.</p> <p>Yoga for Your Back 3:00 - 5:00 p.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>
<p><b>17</b></p> <p>Yoga Experiential All levels welcome 5:00 p.m.</p>	<p><b>18</b></p> <p>Knit and Nosh 4:00 p.m. Deepening Mindfulness Meditation 6:30 p.m. BodyJam 7:15 p.m.</p>	<p><b>19</b></p> <p>Pilates Barre 8:00 a.m.</p> <p>Latin Grooves 10:15 a.m.</p> <p>Let's Talk Books 1:00 p.m. Bridges Lessons 1:00 - 3:00 p.m. BodyJam 7:15 p.m.</p>	<p><b>20</b></p> <p>Janet Greene Designs Trunk Show in the Shop 9:30 a.m. - 4:00 p.m.</p> <p>Men's Hydrotherapy class: Knees 9:30 a.m. Torchtlight 5K 7:00 p.m.</p>	<p><b>21</b></p> <p>Flo Motion 10:30 a.m.</p> <p>Franklin Method: Liberate your Lats 7:00 - 8:30 p.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>22</b></p> <p>Yoga Booty Ballet 9:15 a.m.</p> <p>Friday Night Jam Session with X-Box Kinect 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class 7:00 p.m. - Dance Central Fresh Catch Friday</p> 	<p><b>23</b></p> <p>Zumba with Live Drumming 10:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p> 
<p><b>24</b></p> <p>Yoga Experiential All levels welcome 5:00 p.m.</p>	<p><b>25</b></p> <p>Knit and Nosh 4:00 p.m. Deepening Mindfulness Meditation 6:30 p.m. BodyJam 7:15 p.m.</p>	<p><b>26</b></p> <p>Pilates Barre 8:00 a.m.</p> <p>Bridges Lessons 1:00 - 3:00 p.m. TRX Training 7:00 - 7:30 p.m.</p>	<p><b>27</b></p> <p>Nia 10:15 a.m.</p> <p>TRX Training 12:15 - 12:45 p.m.</p>	<p><b>28</b></p> <p>Flo Motion 10:30 a.m.</p> <p>The Fascinating Dimensions of Culture 7:00 p.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>29</b></p> <p>BodyJam 9:15 a.m.</p> <p>Fresh Catch Friday</p>	<p><b>30</b></p> <p>BodyJam 10:30 a.m.</p> <p>Pilates Open Door 11:00 a.m. TRX Training 11:30 a.m. - 12:00 p.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p> 

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## DANCE YOUR WAY INTO THE WEEKEND ... AND WIN FUN PRIZES!

### Friday Night JAM SESSION WITH XBOX KINECT July 8 & 22, AUGUST 12 & 26

*I love the way BodyJam™ makes me feel, the challenge of the new moves and the way those moves help me work my core.* - Kathy Nelson, Marsh Member

Work off the stress of the week and work up a sweat while moving to the beat of the hottest new sounds in BodyJam™. We're launching BodyJam 57, featuring all new music and moves. If dancing makes you happy, this class will feed your soul. When the dancing is done, relax and enjoy the summer night on our deck with food, beverages and friends.

### 6:00 p.m. BodyJAM™ CLASS AND THESE FRIDAY NIGHT EXTRAS

- **5:30 - 6:00 p.m.** Instructors run through all the moves so you can get the most out of the class.
- **7:00 - 8:00 p.m.** Xbox Kinect Dance Central in the studio - *come and go as you please.*
- **8:00 p.m.** prize drawings - register when you check in.

*Complimentary/\$15*



## WHAT'S COOKING IN THE RESTAURANT ON FRIDAY?

**Happy Hour:** 4:00 – 8:00 p.m.

**Fresh Catch Fridays:** A fresh menu each week, posted online each Friday afternoon.