



the Marsh Monthly

Volume 26, Issue 9

September 2011



Balance Bylines

By Ruth Stricker

When The Marsh was named 27 years ago, the word **Fitness** was vital in defining who we were. However, the word **Balance** precedes it and is more important as it indicates addressing the whole person. Whole Person Wellness focuses not just on fitness and physical health, but also on emotional, intellectual, social, spiritual and vocational health. It involves a lifestyle perspective based on characteristics like self responsibility, integrity, a can-do attitude, resilience, optimism, positive social support and working from strength. It means satisfaction with one's quality of life – a personal sense of health, engagement and well-being. It is not a fuzzy, feel-good “program” but rather a comprehensive approach to living.

Whole Person Wellness is the typical Marsh experience, and now it is even more important in negotiating today's world. We are all fully aware of the turbulence on our planet and the uncertainty in our daily lives.

It is sobering to experience tragedy and heartbreak. It is sad to realize that we perhaps have suffered the loss of the assumptive world and our safety nets. It is more than an intense vulnerability with which we live but which we try to overlook as we go about our daily routines. We want to confirm our sense of importance to life... and our sense of place and security.

Uncertainty most likely will continue and we are learning to live without knowing all of the answers or solutions. Perhaps that's not such a bad thing! “Without a measureless and perpetual uncertainty,” Winston Churchill once said, “the drama of human life would be destroyed.”

*“Without uncertainty,
the drama of human life
would be destroyed.”*

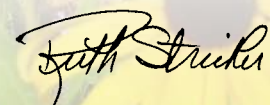
–Winston Churchill

So how do we balance the personal pursuit of our dreams and goals with the human impulse to help those who are suffering? How do we balance our personal economic concerns and worries with the knowledge that thousands are dying of starvation in the Cape of Africa? How do we stay resilient in body and mind in the face of discouraging news?

Unsettling times are opportunities to draw on our strengths and our innate optimism. Now, more than ever, it is imperative that we take charge. We can't fix the world but we can fortify ourselves with physical stamina and our emotional life with resilience to change with the change. We know that anxiety can affect our physical health. It can impede our ability to think clearly and affect our reasoning and decision making. Loneliness, worry and poor health habits can make us sick!

Now is the time to be at The Marsh enjoying the benefits of the Whole Person approach. The Marsh is an energy exchange: Exercise workouts relieve stress and burn energy; mind-body activities circulate our own energy – the life force within us, and bring us relaxation. Good nutrition can fuel us with positive energy and a sense of well-being. Emotional and social benefits come from being part of a caring, life-centered community. The strength and serenity of our natural surroundings, the marshland, give us perspective and reminds us daily that the sky is not falling.

Life is good... we can handle it... and enjoy it!



Bring Your Friends to **ACTIVE AGING WEEK**

September 25 - October 1

Group Exercise Classes

Once again The Marsh is opening its doors to your non-member friends by waiving the fees to select group exercise classes during **Active Aging Week**, an annual event of the International Council of Active Aging.

Welcome to Group Exercise in the Water

Tuesday, September 27, Noon – 1:00 p.m.

Spend 30 minutes each in our Lap and Therapy pools. We will teach basic water exercises and techniques for ensuring that your cardio workouts are safe and effective.

Led by **Jillian Markus**. *Complimentary*

Welcome to Group Exercise in the Studio

Friday, September 30, 10:30 – 11:30 a.m.

Learn about the wide variety of studio classes available at The Marsh, practice some of the moves and discover how we make every class attainable to all. Led by **Liz Anema**. *Complimentary*

More than a Dozen Introductory Classes

Our introductory classes are perfect for those taking a class for the first time. We are offering more than a dozen introductory classes this week. Schedules are posted throughout the building and available online.

Computer/Social Media Demonstrations

Monday, September 26, 1:00 – 2:30 p.m.

Wednesday, September 28, 5:00 – 6:30 p.m.

Friday, September 30, 10:00 – 11:30 a.m.

Learn the basics of Facebook and discover how you can stay connected to your family and friends. Bring your own laptop to follow along. *Complimentary*

Fall Risk Assessments

Thursday, September 29, 2:30 – 3:30 p.m.

Take an easy 10-minute assessment to identify your risk of falling. Conducted by Merz Physical Therapy staff.

Call the Front Desk to schedule your appointment, 952-935-2202. Complimentary

Bring a friend to share the fun!

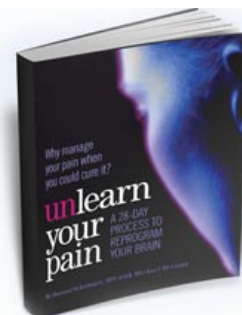


Unlearn Your Chronic Pain with Howard Schubiner, MD

**Wednesday,
September 21,
7:00 - 8:30 p.m.**

In his book, *Unlearn Your Pain*, Howard Schubiner, MD demonstrates that the underlying reason for so much chronic pain is nerve sensitization and learned nerve pathways, rather than actual tissue destruction. He has used this new understanding to develop a unique program to actually reverse pain. Research studies support the effectiveness of the program.

Dr. Schubiner is board-certified in pediatrics, adolescent medicine, and internal medicine and is the founder and director of the Mind Body Medicine Program at Providence Hospital in Southfield, Michigan. He is known as a national expert in ADHD in adolescents and adults as well as mindfulness meditation and stress reduction. We are delighted to join Park Nicollet in presenting this speaker. *Complimentary to all. Copies of Dr. Schubiner's book are available in the shop.*



Merz Physical Therapy Workshop: Protect Your Back

Wednesdays, September 7 - 21, 1:00 – 2:00 p.m.

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*

Men's Hydrotherapy Class: Balance

Wednesday, September 28, 9:30 a.m.

Water is a perfect environment in which to practice balance techniques—it will catch you when you fall. In this class, you will learn exercises to strengthen your muscles, improve your balance and even practice the “art” of falling. We'll send you home with exercises that you can practice on your own in the Therapy Pool. Led by **Jillian Markus**. *Space is limited; please sign-up in advance. \$10/\$15*



Unless otherwise noted, register for classes and events at TheMarsh.com or the Front Desk at 952-935-2202.

🌿 Pilates Open Doors

Monday, September 12, 10:00 a.m. • Saturday, September 24, 11:00 a.m.
Come to a complimentary Open Door session in our Pilates studio. Learn about our programs, try the equipment and discuss what program is best suited for you.

Pelvic Workshops

A successful exercise program should include exercising your pelvic floor muscles which play an essential role in core stabilization and keeping a strong and healthy back. This month we have two workshops addressing this issue.

How to Engage Your Pelvic Floor & Abdominals

Thursday, September 15, 7:00 – 8:00 p.m.

Learn and perform a series of exercises that will help strengthen your pelvic floor muscles and reinforce your balance, strength and endurance. Led by **Lesley Koehnen**, a certified Pilates instructor. \$20/\$30

Franklin Method: Pelvis with Angela Kneale

Thursday, September 29, 7:00 - 8:30 p.m.

Learn about the role the pelvis plays in enhancing your strength, flexibility, posture and balance. Discover the organic causes of tightness and rigidity and the power of using imagery exercises and Franklin Balls to support correcting your movement patterns. Led by Occupational Therapist, **Angela Kneale**, the only Franklin Method Level III certified instructor in Minnesota. *Space is limited to 20 participants.* \$30/\$40

New! Pilates/TRX Fusion

Mondays, September 26 – November 14, 6:45 – 7:45 p.m.

Pilates/TRX Fusion combines two fitness skills into one dynamic, energetic, full-body workout. Warm up with Pilates Mat movements, which help you develop a strong core and good posture. Then focus on improving your strength, stamina and flexibility by using our TRX Suspension system which challenges you to use your own body weight to strengthen your core, chest, back, arms and legs. *Previous Pilates Mat experience required.* Led by **Lesley Koehnen**. \$95/\$150 for eight-week series. *Please register in advance.*

Other Pilates Mat series starting this month!

- **Beginning Mat Class**, Tuesdays, September 27- November 15, 10:30 - 11:30 a.m. \$95/\$150 for eight-week series, complimentary for individuals who purchase personal training packages
- **Intermediate/Advanced Mat Class**, Thursdays, September 29 – November 17, 10:30 - 11:30 a.m. \$95/\$150 for eight-week series, complimentary for individuals who purchase personal training packages

Explore Joyful Movement with RAD!

Sunday, September 18, 7:00 – 8:00 p.m. (check in at 6:45 p.m.)

Reiki Affirmation Dance (RAD) is a movement class that incorporates dance with positive affirmations, breath work, meditation and an overall sense of awareness. Join popular Nia instructor and Reiki Master **Jill Goux** for these special classes. \$12/\$15

Upcoming Dates: October 16, November 13 & December 11



One Member's Story...

Sally Anderson can't wait to go to the doctor. She's not scheduled to see her neurologist until October and she is bursting to share some good news. You see, Sally, who has been living with multiple

sclerosis (MS) for 37 years, has seen her ability to walk steadily decline. For the past 20 years, she has relied on a walker and a cane. But since she discovered The Marsh this spring, things have changed.

Her strength, stamina and confidence have all escalated, and her walking is visibly better. These days, Sally is walking for exercise without a cane or walker, using Nordic Walking poles instead—something she never would have dreamt possible a few months ago.

“I've never really exercised or belonged to a health club, and I just didn't think with my MS that I would be able to do anything,” she said. But after coming to The Marsh and working with exercise specialist **Candy Swanson**, Sally has a whole new outlook on what is possible.

In addition to training with Candy, Sally works independently in our warm water Therapy pool and is just beginning to work with acupuncturist **Kent Marsh** to address some swelling in one of her legs. “He is so reassuring and calming and I've already seen some marvelous results,” she said. “I love this place. I feel physically good when I leave here and I can't wait to come back again.”

Sally is walking for exercise without a cane... something she never would have dreamt possible...

September is National Yoga Month...

Yoga from the Beginning

Saturdays,

September 10 -

October 1, 11:30 a.m.

Are you ready to explore yoga and reap some of the reported health benefits? This four-week series will give you an opportunity to ask questions, learn at a comfortable pace and cover the following yoga basics.

- A variety of breathing techniques
- Basic poses to help stretch, strengthen and tone the body
- Relaxation and meditation techniques to quiet the mind and body
- Proper names and techniques for poses such as Warrior and Downward Dog
- Principles and benefits of integrating yoga into your daily routine
- Developing the body-mind connection

Led by **Liz Anema** and **Stephanie Olson**.

\$40/\$50

New! Yoga Workshop: Alleviating Stress and Anxiety

Sunday, September 18, 3:00 – 5:00 p.m.

The symptoms of stress and anxiety can be debilitating. The physical signs of sweating, breathing rapidly and increased heart rate, can even seem insignificant compared to feelings of apprehension, powerlessness or panic one may experience.

This workshop offers simple yet powerful yogic postures, breathing and lifestyle tips that have been proven to eliminate or significantly reduce symptoms of anxiety and stress. You will leave with tools you can immediately begin incorporating into your daily life. Led by **Sharon Hills-Bonczyk**, a 500-hour Kripalu Yoga instructor. \$30/\$40



Yoga and a Movie

Thursday, September 22, 6:00 p.m. Yoga Class, 7:00 p.m. Movie

In record numbers, women are discovering their own strength, vitality, peace, and power through yoga. Reclaiming this ancient spiritual path from its traditionally male form, the result is a radical transformation of modern yoga, as we know it. **YOGAWOMAN** is a groundbreaking new film that reveals how yoga has utterly transformed the lives of thousands of over-stimulated, overscheduled, and multitasking modern women. From the buzzing streets of Manhattan to the dusty slums of Kenya, the film follows the heart-rending stories of women who have found a lifeline through this magical and mystical practice. Participate in a yoga class before the movie, then relax on your mats and enjoy the show. *Complimentary, but monetary donations for Feed My Starving Children appreciated.*

Yoga Nidra

Friday, September 9, 7:30 - 9:00 p.m.

Deeper and more relaxing than sleep, Yoga Nidra is a non-movement class where you experience the profound release of chronic stress. This practice completely relaxes the nervous system, releasing physical, emotional and mental tension. Led by **Sharon Hills-Bonczyk**, a 500-hour certified Kripalu Yoga instructor. \$20/\$30

“NOT ME” Safety Training Returns

Saturday, October 8, 9:00 a.m. - noon

Back by popular demand! Al Horner, founder of the “NOT ME!” 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. \$79 for those 18 and older; \$59 for those 13-17 years of age). Space is limited to 40.

Enjoy a Fall Hike in Woodrill Woods

Saturday, October 1, 10:00 a.m.

Every year, Bruce Dayton graciously shares the beauty of the Woodrill Woods behind his home with Marsh members and their friends. This year is no exception. Enjoy a guided hike of this scenic woodland, then join Bruce inside for refreshments and art chatter.

Sign up and pick up a map at the Front Desk. If you would like to carpool, please meet in the lobby at 9:30 a.m. *Complimentary.*

Experience the 52 Moves of Nia

Saturday, September 17, 1:00 – 3:30 p.m.

Nia is one of The Marsh's most popular group exercise offerings. This fitness fusion class draws from the disciplines of the martial arts, dance arts and healing arts. This workshop teaches the different steps, stances, punches and kicks of Nia and concludes with an actual Nia class. Ask questions and practice individual technique, placement and alignment. Led by **Jill Goux**. \$25/\$35, includes free Nia CD.



Unless otherwise noted, register for classes and events at TheMarsh.com or the Front Desk at 952-935-2202.

Mindfulness Based Stress Reduction

Mondays, September 19 – November 14

The Mindfulness Based Stress Reduction (MBSR) program, developed by renowned practitioner and author Jon Kabat-Zinn, teaches participants to intentionally deal and cope with stress, pain, illness and the demands of everyday life. Beginning Monday, September 19, Terry Pearson, RPh, MBA will lead this eight-week MBSR program at The Marsh.

Register to participate in the full MBSR session by contacting Beth Somer at 612-624-9459 or somer012@umn.edu.

- **Weekly Meetings:** Mondays, September 19 - November 14, 6:30 - 9:00 p.m.
No class on Halloween.
- **Daylong Retreat:** Saturday, October 29, 9:30 a.m. – 4:00 p.m.

Series cost: \$395/\$450. Co-sponsored by the Center for Spirituality and Healing



Small Group Training for Groups of 3 - 6

Enjoy the advantages of working with a personal trainer and the motivation and support of being part of a group. Small Group Training is available in many areas, including:

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

If you are interested, we will find a group that is right for you. Carol Pehle at cpehle@themarsh.com or 952-930-8524 is ready help. \$25/\$35 per hour per person.



Bike Ride and Lunch

**Saturday, September 17
10:00 a.m.**

Join Marsh Exercise Specialist **Diane Pattridge** for a 15-mile ride along the scenic

Luce Line Trail. Enjoy lunch at Maple Plain's Ox Yoke Inn before heading back home. Meet at 10:00 a.m. in Stubbs Bay Park near Long Lake. \$10/\$15 (does not include lunch)



Interested in being part of a Marsh group participating in one of these upcoming 5Ks?

- **Lupus Walk/Run**, Saturday, September 10
- **Tonka Trot**, Saturday, October 15

Start training today! Get details at the Training Center Desk.

Marsh X: Looking for a New Challenge?

Saturdays at 8:00 a.m.

This one-hour, high intensity, cross-training class gets 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, TRX and more!

\$15/\$20 per class. Limited to 10 participants. Register in advance by calling the Marsh X / TRX Hotline, 952-930-8597, ext. 5555

In the Spa...

New! Fall Refresher Package

Transition to a new season feeling refreshed. Take advantage of this special seasonal package in the spa.

- 25-minute Massage
- 35-minute Refreshing Facial
- 25-minute Mini Manicure

Call 952-935-8905 to schedule your appointment. \$95/\$111

Children's Swim Lessons Begin September 11

Get details at [The Marsh.com](http://TheMarsh.com) and sign up online today!



An Exhibit of Paintings by Ashley Dull

Beginning in early September, we will be featuring oil on canvas by Minnetonka landscape artist Ashley Dull in our art gallery. Her paintings remind us to slow down, step back and enjoy the simple pleasures we are surrounded by each day. We are delighted to host a reception with this young emerging artist on **Thursday, October 6 from 6:00 – 8:00 p.m.**

Enjoy the Flavors of Fall in our Restaurant

- The flavors of fall begin to emerge this month as we take advantage of the local September harvest. Menu items from fresh salads and soups to hearty dinner entrees and baked goods will incorporate a variety of locally grown produce, especially apples and squashes.
- Our breakfast menu now features new items perfect for a crisp fall morning, including Banana Multigrain Pancakes, Chicken Apple Sausage and a gluten-free French Toast.
- Like Us on Facebook for the latest restaurant news and specials and visit us at DineAtTheMarsh.com to find some of our chef's favorite fall recipes.

Let's Talk Books

WORK SONG by Ivan Doig

It's Butte, Montana in 1919 and "the richest hill on earth." The author's colorful, unique and magnificent writing style brings the period to life. There's danger (both above and below ground), great characters, a little love and lots of tension. **Tuesday, September 13, 7:00 p.m.** and **Tuesday, September 20, 1:00 p.m.** *The book is available in the Shop. Complimentary.*

In the Shop...



*New Shop Employee
Lauren Hallau models
a Kinross Cashmere*

Kinross Cashmere Trunk Show

Thursday, September 22, 10:00 a.m. - 7:00 p.m.
**Friday and Saturday, September 23 - 24,
10:00 a.m. - 5:00 p.m.**

If you appreciate the luxury, quality and craftsmanship of cashmere, you won't want to miss our annual Kinross Cashmere Trunk Show for women. Enjoy refreshments and receive a gift with purchase while supplies last.

Stop by anytime to discover the latest fall fashions and accessories.

- ❖ Gold Jewelry ❖ Pendants ❖ Envelope style clutches
- ❖ Long layered necklaces ❖ Woven embellished scarfs

Members' Corner...

- **Labor Day Hours - September 5:**
The Training Center and Pools will be open from 7:00 a.m. to 3:00 p.m. *The Shop, Spa, Restaurants and Kids Club will be closed.*
- **Club Industry's Fitness Business Pro Magazine,** the independent voice of the fitness industry, once again included The Marsh on its list of Top 100 Health Clubs in the country.
- **In the next couple of weeks** we will be replacing steps and sidewalks in front of our building. This will involve changing your walking path in and out of the building. It will be a wonderful improvement and add to the safety and convenience for all of us.
- **Thank you** for showing your support for students with your contributions of money and school supplies for IOCP's back to school drive!

New Members...

Andrea Adelman
Dawn Anderson
Charles Boge
Marlene Burriss
Scott Buss
Janis Chapman
Laura Fischer
Laurie Forshee
John Forshee
Diane Gamm
David Good
Rosemary Good
Karen Haupt
John Haupt
Larry Higgins
Jackie Higgins

Barbara Jackson
Vicki Jens
Nicole Jude
Cindy Keith
David Lentz
Tarand Leonard
Angela Luther
John Mueller
Linda Paul
Lilly Perry
Margaret Quill
Laura Reed
Rachel Swenson
John Wicks
Donald Wilbur
Bretta Wilbur
Patty Wilshire
Helen Wilson

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TWITTER

Follow us at twitter.com/TheMarshMN

SEPTEMBER

2011

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Upcoming Events...

- NOT ME! Self Defense Training - Saturday, October 8, 9:00 a.m.
- Power of Breath Workshop - Sunday, October 9, 1:00 p.m.



Represents complimentary programs for members

Denotes special events that may affect parking



15000 Minnetonka Blvd., Minnetonka, MN 55345
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>TRX Training 4:15 - 4:45 p.m.</p> <p>Yoga Experiential 5:00 p.m.</p>	<p>5 <i>Labor Day</i></p> <p>Labor Day Hours: 7:00 a.m. - 3:00 p.m.</p> <p>The Shop, Spa, Restaurants and Kids Club will be closed.</p>	<p>6 <i>Fall Group Fitness Class Schedule begins</i></p> <p>Vinyasa Yoga 9:15 a.m.</p> <p>Nia 6:00 p.m.</p>	<p>7</p> <p>Protect Your Back Series begins 1:00 - 2:00 p.m.</p>	<p>8</p> <p>BodyPump 6:00 a.m.</p> <p>Yogilates 6:00 p.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>9</p> <p>Muscle Conditioning 8:00 a.m.</p> <p>Yoga Nidra 7:30 p.m.</p> <p>Fresh Catch Friday</p>	<p>10</p> <p>Marsh X 8:00 a.m.</p> <p>Team Marsh Event: Lupus Run/Walk 5K & 10K 10:30 a.m.</p> <p>Yoga from the Beginning 11:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m.</p> <p>Prime Rib Special</p>
<p>11</p> <p>First Day of Aquababies/Aquatots 3:30 - 6:00 p.m.</p> <p>TRX Training 4:15 - 4:45 p.m.</p> <p>Yoga Experiential 5:00 p.m.</p>	<p>12</p> <p>Pilates Open Door 10:00 a.m.</p> <p>Knit and Nosh 4:00 p.m.</p> <p>BodyJam 7:15 p.m.</p>	<p>13</p> <p>Pilates Barre 8:00 a.m.</p> <p>First Day of Group Swim Lessons 4:00 - 6:00 p.m.</p> <p>Let's Talk Books 7:00 p.m.</p>	<p>14</p> <p>Protect Your Back Series 1:00 - 2:00 p.m.</p>	<p>15</p> <p>First Day of Group Swim Lessons 4:00 - 6:00 p.m.</p> <p>How to Engage Your Pelvic Floor and Abdominals 7:00 p.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>16</p> <p>Friday Night Jam Session 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class</p> <p>Fresh Catch Friday</p>	<p>17 Marsh X 8:00 a.m.</p> <p>Bike Ride and Lunch 10:00 a.m.</p> <p>Yoga from the Beginning 11:30 a.m.</p> <p>52 Moves of Nia 1:00 p.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m.</p> <p>Prime Rib Special</p>
<p>18</p> <p>Yoga Workshop: Alleviating Stress & Anxiety 3:00 - 5:00 p.m.</p> <p>TRX Training 4:15 - 4:45 p.m.</p> <p>Yoga Experiential 5:00 p.m.</p> <p>Reiki Affirmation Dance 7:00 - 8:00 p.m.</p>	<p>19</p> <p>Knit and Nosh 4:00 p.m.</p> <p>MBSR begins 6:30 p.m.</p> <p>BodyJam 7:15 p.m.</p>	<p>20</p> <p>Pilates Barre 8:00 a.m.</p> <p>Let's Talk Books 1:00 p.m.</p>	<p>21</p> <p>Protect Your Back Series 1:00 - 2:00 p.m.</p> <p>Unlearn Your Pain Howard Schubiner, MD 7:00 - 8:30 p.m.</p>	<p>22</p> <p>Kinross Cashmere Trunk Show 10:00 a.m. - 7:00 p.m.</p> <p>Yoga Class 6:00 p.m.</p> <p>YOGAWOMAN Movie 7:00 p.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>23</p> <p>Kinross Cashmere Trunk Show 10:00 a.m. - 5:00 p.m.</p> <p>Pilates Open Door 11:00 a.m.</p> <p>Yoga from the Beginning 11:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m.</p> <p>Prime Rib Special</p>	<p>24 Marsh X 8 a.m.</p> <p>Kinross Cashmere Trunk Show 10:00 a.m. - 5:00 p.m.</p> <p>Pilates Open Door 11:00 a.m.</p> <p>Yoga from the Beginning 11:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m.</p> <p>Prime Rib Special</p>
<p>25</p> <p>TRX Training 4:15 - 4:45 p.m.</p> <p>Yoga Experiential 5:00 p.m.</p>	<p>26</p> <p>Computer/Social Media Demo 1:00 - 2:30 p.m.</p> <p>Knit and Nosh 4:00 p.m.</p> <p>MBSR 6:30 p.m.</p> <p>New Pilates/TRX Fusion series begins 6:45 p.m.</p> <p>BodyJam 7:15 p.m.</p>	<p>27</p> <p>Pilates Barre 8:00 a.m.</p> <p>Beginning Mat Class series begins 10:30 a.m.</p> <p>Welcome to Group Exercise in the Water 12:00 p.m.</p>	<p>28</p> <p>Men's Hydrotherapy Class: Balance 9:30 a.m.</p> <p>Weight Loss Wednesday 11:00 a.m. - 1:00 p.m. and 5:00 - 7:00 p.m.</p> <p>Computer/Social Media Demo 5:00 - 6:30 p.m.</p>	<p>29</p> <p>Int/Adv Mat Class series begins 10:30 a.m.</p> <p>Fall Risk Assessments 2:30 - 3:30 p.m.</p> <p>Franklin Method: Pelvis 7:00 - 8:30 p.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>30</p> <p>Social Media Demo 10:00 a.m.</p> <p>Welcome to Group Exercise in the Studio 10:30 a.m.</p> <p>Friday Night Jam Session 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class</p> <p>Fresh Catch Friday</p>	<p>1 Marsh X 8:00 a.m.</p> <p>Woodrill Woods Hike 10:00 a.m.</p> <p>Yoga from the Beginning 11:30 a.m.</p> <p>Happy Hour with Music 5:00 - 8:00 p.m.</p> <p>Prime Rib Special</p>

Active Aging Week

Active Aging Week

Active Aging Week

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Active Aging Week

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ONE-ON-ONE BIOMETRICS OFFERS MUCH MORE THAN WEIGHT LOSS

“Getting in shape and becoming stronger on the outside has made me feel stronger on the inside. I’m truly the happiest I’ve ever been in my life. This really is an exciting time and doors just keep opening.”

-Laura Sparks, Marsh Member and Biometrics Participant

The Marsh’s One-on-One Biometrics program is a unique, customized six-week exercise and weight management program where individuals focus on their personal wellness goals. For some participants, that means a total body makeover, including added strength, less overall body fat and more energy. For others, it means less pain, increased stability and easier and more efficient movement. Ultimately, at the end of the program participants feel empowered.

This is all achieved with the one-on-one support of a team of professionals, including our cardiologist, exercise physiologist, registered dietitian and an exercise specialist. Together they provide you with the tools and encouragement you need to help you achieve your goals.

Join us for Weight Loss Wednesday and discover what makes this such a life-changing program. Joel French, 952-930-8512, and Kim Plessel, 952-930-8545, are happy to provide more information.

ONE-ON-ONE
BIOMETRICS®

*Get Inspired! Join us for
Weight Loss Wednesday*

Wednesday, September 28

11:00 a.m. - 1:00 p.m.

5:00 - 7:00 p.m.

Learn how our One-on-One Weight Loss has helped hundreds of Marsh members succeed in losing weight and improving their health. Discover how it can help you!

- *Hear from past participants*
- *Taste the food*
- *Experience some of the assessments*
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