

Ruth Stricker's the Marsh Monthly

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January 2011



Balance Bylines

By Ruth Stricker

The heading on a full page ad in my morning *New York Times* read “How will you tackle the year ahead?” Sounds a bit reckless to me. How about getting back to normal... and then we ask what normal is. Many of us sense some heightened anxiety and frustration with the many indecisive issues before us. The early snowfall surprised us, put us out of synch with our plans and schedules. If that was Fall, what will Winter be like? The holidays were here before we were ready, what are the Vikings doing... and the metro dome! What is happening or not happening in Washington, D.C. or in Minnesota? What is or should be happening in Afghanistan, Pakistan, North and South Korea? Is the Recession ebbing or could there possibly be a double dip? We are distressed about the rise of homelessness, layoffs and budget shortfalls. We have a lot to think about. I honestly don't know if we need motivation (tackling the new year) or some permission to settle down and ease into the new year.

January can be exciting for us as a time for affirmation and renewal. We can begin with a clean slate. Half of all Americans, polls have shown, make New Year's resolutions. These may be positive steps to overcoming loss or hopeful changes in our attitudes. Often what we vow to change or improve is some habit related to health, giving up, cutting down, losing weight or getting more exercise. It always sounds so easy but it's not. You've heard the expression, “People look forward to the New Year for a new start of old habits.” The research says that by July, less than 40% of resolvers were still on track and their success shared three characteristics:

- They believed in their ability to change
- They did not indulge in self-blame
- They avoided wishful thinking (such as my life will change completely if I lose weight)

Physically speaking, I know that many of you are very pleased with your disciplined exercise routine at The Marsh, while others of you plan to attack with a vengeance the remnants of last year's body, and others are still searching for ways to find time for exercise. Our staff can accommodate all of you! While I am not a fan of making new rules for an entire year, many of

which are unattainable or unrealistic, I suggest taking a deep breath, reflecting on and assessing the quality of our lives and perhaps making some adjustments or “tweaking.” Let's look at our Marsh routines: are we trying new classes and programs? This month, we are featuring dance (because of the fun and energy) and weight control (because it's #1 on everyone's list). Are we exhibiting resilience (Elizabeth Edwards and the Chilean miners) or are we running our body into the ground (Brett Favre)? Are we remembering that one of the bottom line reasons for living a well-being lifestyle is to find a bit more happiness in life, and that health enables us to serve purpose in our life, but it is not the purpose of life? Let us remember that losing weight is one thing, losing perspective is another. Let us remember that health is related more to functional ability than freedom of disease, and that well-being is related to an attitude of spirit which enables us as individuals to find meaning in all circumstances. As we wept, cheered or gasped our way through last year, we realize that 2011 will bring us another round of ups and downs... “The stuff of life.” How do we fortify ourselves to not merely cope with what comes along but to actually engage in being a positive contributor to those around us?

Some of the missing components then in The Marsh Experience in addition to the “workout” are: socialization and support with and from others, having trust and optimism, looking for ways to grow, employ one's own measure for success, being altruistic and a sense of gratitude.

Recently we received a clever card from members addressed to Ruth and The Marsh Staff. On the front was a picture of a whimsical lady in a fur hat and much jewelry. The message was “I joined a health club last year...” and inside it said “spent about 400 bucks. Haven't lost a pound. Apparently you have to go there!” Yes, lady, you do have to go there... and soon you will see the take-home benefits of a Marsh membership, an investment in yourself for recycling your physical and emotional energy. Exercise must be an intrinsic part of our lives. It is one of the good habits. The time is never right. The way to change is to begin. We can begin small but we must begin. And nice lady, the first step is to show up!

Come see us,

Ruth Stricker

Member Holiday Party...

2010



Marsh Speakers Series...

In keeping with our mission of providing an environment that inspires, challenges, educates and supports a healthy approach to life through professional care and guidance, The Marsh is privileged to host and present a wide range of medical experts, authors and inspirational speakers.

Physician Lecture on Neuropathy Presented by Richard Golden, MD

Thursday, January 20, 7:00 p.m.

Peripheral neuropathy, a condition of the nervous system that usually begins in the hands and/or feet with symptoms of numbness, tingling, burning and/or weakness, affects more than 20 million Americans. In most cases, peripheral neuropathy cannot be cured, but patients can be made more comfortable. As always, early intervention is important.

This month, **Richard Golden, MD**, a neurologist with the Noran Clinic and a Marsh member, will join us to discuss its symptoms and causes, as well as treatments that can benefit individuals living with the condition.

Joining Dr. Golden for the presentation will be **Jason Reed, MD**, a practicing internist and medical director of Relief Laser, a laser therapy clinic on the Abbott Northwestern Hospital campus. Working in conjunction with Dr. Reed, we offer cold laser therapy in our spa. He will answer questions about the role this treatment can play in helping patients with neuropathy.

Marsh acupuncturist **Kent Marsh**, a licensed acupuncturist with a master's in oriental medicine, will also be on hand to answer questions about the role of acupuncture in providing relief from the symptoms of neuropathy. Kent has provided acupuncture services to Marsh clients since 2005.

If you plan to attend the Dr. Golden's presentation, register by calling 952-935-2202. \$10/person. Contact the Spa at 952-935-8905 to book appointments for acupuncture and cold laser therapy.

In the Spa...

The winds, cold temperatures and drying low humidity of the winter season can be extremely stressful and irritating to your skin. Help protect yourself from the environment and its elements by following these important tips.

- Choose a moisturizer that will not only provide a protective barrier and prevent future irritation, but also help replenish and rehydrate your skin.
- Use a nourishing lip balm to provide a barrier to protect your lips against the elements throughout the winter season.
- Remember your sun protection. The sun doesn't go away just because it's snowing or cloudy! The glare of the sun off snow can affect your skin nearly as much as the summer sun.

Schedule an appointment for our NEW 35 minute Facial Skincare Analysis with an esthetician in our spa to get more skincare tips and recommendations on which products and treatments will benefit your skin. Service includes a refreshing cleansing and exfoliation treatment. \$50/\$60



Demystifying Weight Loss

Want to get serious about weight loss as you kick off a new year? There are many ways The Marsh can support you in your effort. Meet Marsh members who experienced weight loss success in 2010, hear their stories and learn about their varied paths to success. Health Services Director Joel French, PhD, and Marsh Dietitian Kim Plessel, MS, RD, LD will be on hand to talk about our many fitness, nutrition, personal training and weight loss programs and how we can customize them to your personal situation. **Monday, January 3, 11:30 a.m.;** Complimentary.



Marsh Lite

A Weight Loss & Fitness Group

Marsh Lite is a 12-week comprehensive curriculum of fitness and nutrition education delivered by members of The Marsh professional staff. In addition to offering a supportive, group environment to encourage one another in weight loss, Marsh Lite equips people with important information to help them make healthy decisions about diet and

exercise based on their individual metabolism, health circumstances and lifestyle. Led by Joel French, PhD and Kim Plessel, MS, RD, LD.

*Marsh Lite meets on Mondays over the lunch hour and on Wednesday evenings. Pick the time slot that is best for you. The next 12-week series begin **Monday, January 10** (11:30 a.m. check; Noon – 1:00 p.m. program) or **Wednesday, January 19** (6:00 p.m. check-in; 6:30 – 7:30 p.m. program). \$120/\$150 for 12 weeks or \$15/\$20 per week. Register in advance at the Front Desk.*

BIOMETRICS[®]

ONE • ONE • ONE

A customized and convenient six-week program, *Biometrics One-on-One* clients lose inches, improve muscle tone, reduce body fat, gain strength, increase energy and vitality and improve cholesterol, triglycerides and blood glucose.

- **Easy to follow meal plan!** Our registered dietitian will customize a meal plan that takes into account your food preferences and nutritional needs.
- **Three 30-minute personal training sessions each week!** Get connected with a personal trainer who meets your individual needs, holds you accountable and teaches you the difference between exercise - and exercise that yields the results you are looking for. Schedule sessions on your timeline!
- **On-going professional support** from an exercise physiologist and registered dietitian.
- **Comprehensive personal health assessments.** We do your blood work and a VO2 or EKG before you begin and one when you complete the program.

Contact Joel at 952-930-8512 or Kim at 952-930-8545 to enroll.



Save the Date! A Celebration of Chinese Movement & Art

**Saturday, February 5
3:00 - 5:00 p.m.**

Celebrate the Chinese New Year by participating in an intergenerational celebration of Chinese Movement & Art, featuring:

- *A traditional Chinese Lion Dance*
- *A Tai Chi Story Class, led by Marsh Tai Chi Instructor Heather Reade*
- *Family Art Activities*
- *Chinese Kimono Art Display in the Gallery*
- *Refreshments*

As they part, children will receive a special gift by local Chinese elders. *Children age 3 and up may participate in Tai Chi Classes and Art Activities. \$20/family; Register at 952-935-2202.*

In honor of Chinese New Year, our regular 12:30 p.m. Friday Tai Chi class on February 4 is open to the public and followed by refreshments. Bring a friend.



“NOT ME” Safety and Defense Training

Learn to be more alert to dangerous situations and find out what to do if you are attacked by attending Al Horner’s “NOT ME!” Self Defense Workshop. Learn the three basic components of any attack or threatening situation – **ABDUCT, ISOLATE, ATTACK** – and how to respond. Horner, the 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. Bring your friends, daughters and other women you care about.

Saturday, January 29, 2:00 - 5:00 p.m.
(\$79 for those 18 and older; \$59, 13-17 years of age). Call 952-935-2202 to reserve your space. The first 10 to sign up will receive a FREE personal alarm!

Three Workshops to Help You Get Organized in the New Year



The Organizing Guy

Organizing for Your Peace of Mind: Papers, Piles and Procrastination

Presenters: Bill Bliesath (The Organizing Guy), Certified Professional Organizer and Brenda Hartman M.S.W., L.I.C.S.W.

Learn how to manage your pile of paper, develop useful filing systems and reduce stress.

Two two-hour sessions: **Saturdays, January 8 and 22, 12:30 - 2:30 p.m.** \$50/75

Organizing Photos for Life

Presenter: Bill Bliesath (The Organizing Guy), Certified Professional Organizer

Strategies and hands-on experience to help you organize your photos.

Two two-hour sessions: **Saturdays, January 8 and 22, 3:00 - 5:00 p.m.** Must attend January 8 in order to attend January 22. \$75 (\$50 for Marsh members)

Attend both Organizing for Peace of Mind and Organizing Photos for Life and receive a discount. \$100 (\$75 for Marsh members) for both sessions.

Letting Go - The Overburdened Household

Presenters: Bill Bliesath (The Organizing Guy), Certified Professional Organizer and Brenda Hartman M.S.W., L.I.C.S.W.

Learn how to manage the "hoarder" within and live more fully with less.

Wednesday, January 12, 7:00 - 8:30 p.m. \$30 (\$20 for Marsh members)

Get more details at TheMarsh.com or at the Front Desk. Call 952-935-2202 to register.

Franklin Method Workshop: Relax Your Neck, Liberate Your Shoulders

Wednesday, January 5, 7:00 - 8:30 p.m.

Occupational Therapist **Angela Kneale** shows us how to reduce shoulder tension by discovering how your shoulders are designed to move, how to use Franklin balls and elastic bands to create smooth joint action and a variety of techniques for keeping them suspended, free and easy.

The only certified Franklin Method® instructor in Minnesota, Angela Kneale leads workshops that introduce us to techniques for daily movement and exercise that can help you manage and reduce pain by making the most of the mind-body continuum. Each workshop offers insight on the practical elements of body design and teaches you how to use imagery and simple movement to improve and maintain that design as nature intended. Angela is also a certified Stott Pilates instructor and is the author of four books on Pilates. *Cost: \$20/\$30; Call 952-935-2202 to register.*

New! Yoga for Arthritis

This is an excellent class for individuals wishing to reduce pain and fatigue, relieve stiffness and improve muscle and bone strength. No experience necessary to attend. All levels welcome, you can even participate while seated. We will help you tailor the class to your individual situation. **Thursdays, January 6 - 27, 11:45 a.m. - 12:30 p.m.** \$10/\$20 for all four classes or \$8 (\$5 for Marsh members) per class.

Mindfulness Based Stress Reduction (MBSR)

The 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. Led by Terry Pearson, RPh, MBA.

Weekly Meetings: Mondays, January 24 - March 14, 6:30 - 9:00 p.m.

Daylong Retreat: Sunday, March 6, 9:30 a.m. - 4:30 p.m.

Series cost: \$440 (\$395 for Marsh members)

Register to participate by calling 612-624-9459 or email Beth at somer012@umn.edu to learn more. Co-sponsored by the Center for Spirituality and Healing.

Bridge Lessons begin January 4

Sign up today for Bridge Lessons, with Dennis Higdum, an accredited teacher with the American Contract Bridge League known for his humor as well as his ability to teach bridge in a way that makes sense to his students.

New! Beginning Bridge

Tuesdays, January 4 - February 22, 10:00 a.m. - Noon

No experience required. *8-week series: \$250/\$275. Maximum participants: 10.*

Intermediate Bridge

Tuesdays, January 4 - February 22, 1:00 - 3:00 p.m.

For intermediate-level bridge players who want to improve their techniques. *8-week series: \$175/\$225 or \$25/\$30 per class. Maximum participants: 24.*

New Class Schedule begins January 3!



Demystifying Group Exercise

The Marsh is proud to offer more than 75 group exercise classes every week. But how do you choose the classes that are right for you? Marsh Studio Director Liz Anema and Aquatics Director Jillian Markus will offer advice on making choices, answer questions, demonstrate some of the moves from various classes and help you chart your course for group exercise this winter. This workshop will be offered quarterly. **Monday, January 3, 10:30 a.m.** Complimentary/\$10.

Friends & Family Cardio Bounce Packages

Cardio Bounce is a great core workout that will add a new spring to your step. This winter, we are offering a special rate on a 12-class pass—\$60 (\$5/class)—for the Cardio Bounce class held at **4:00 p.m. on Sundays**. Bring your friends and family for this special rate. Class is complimentary to members. The pass is valid **January 9 – March 27**. Purchase it at the Front Desk.

New Body Pump Launch January 10

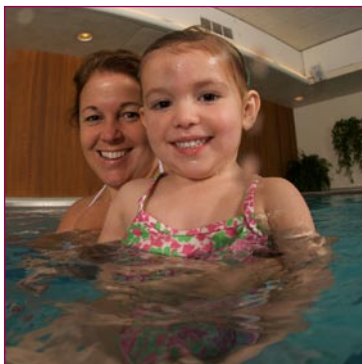
Calling all Body Pumpers: We are launching a new set of tracks at 6:00 p.m. on **Monday, January 10**. That means new music, new moves, and a pace designed for learning the new routine. If you've never done Body Pump, this is a perfect time to start. If you are a Body Pump regular, you won't want to miss it. No need to sign up. Just drop in. Complimentary/\$15

Pilates Open Doors

Introduce yourself to Pilates this month by attending our complimentary Pilates Open Doors on either **Monday, January 10, 10:00 a.m.** or **Saturday, January 29, 11:00 a.m.** This is an excellent opportunity to speak with a Pilates instructor and learn about the various Pilates offerings at The Marsh. For other 2011 Pilates Open Doors dates, check the fitness section of our website.

Winter Swimming Lessons January 9 - March 17

The Winter session begins January 9 and continues through March 17. Group Lessons are scheduled between 4:00 and 6:00 p.m. on Sundays, Tuesday and/or Thursdays. Find details at TheMarsh.com under fitness, ask for a brochure at the Front Desk or contact Jillian at jmarkus@themarsh.com or 952-930-8511.



New to Yoga? Try Yoga from the Very Beginning

In Yoga from the Very Beginning, you will learn the fundamentals of yoga:

- Basic poses to help stretch, strengthen and tone the body
- How to breathe properly
- Relaxation and meditation techniques to quiet the mind and body
- The names and proper technique for poses such as the Warrior and Downward Dog
- Principles and benefits of integrating yoga into your daily routines
- How to develop the body-mind connection

This class is for people of any age, size or fitness level. Led by Liz Anema and Stephanie Olson.

Saturdays, January 22 – February 12, 11:45 a.m. – 1:15 p.m. Register in advance at the Front Desk. \$40/\$50.

Merz Physical Therapy Workshop: Introduction to Movement

Those new to the exercise scene or those returning to exercise after experiencing back or neck injuries will benefit from Introduction to Movement. Led by **Doug Merz** of Merz Physical Therapy, the class focuses on education about various spinal conditions, introduction to basic care and stretching exercises to help participants safely navigate exercise opportunities from yoga to Body Pump.

Mondays, February 7, 14, 21 and 28, 4:30 - 5:00 p.m. \$40/\$50 for the four-week series. Register at the Front Desk.



City of Minnetonka Honors Ruth Stricker with Reflections Award

The City of Minnetonka Community Commission has named Ruth Stricker to be a recipient of the 2011 Reflections Award. The award recognizes individuals, businesses and programs whose outstanding contributions reflect positively on Minnetonka. Other recipients for 2011 are Judy Elling, executive director of ResourceWest; Cathy Maes, executive director of ICA Foodshelf, and Jean McSwiggen, Minnetonka Senior Services volunteer. Established in 1997, the award takes its name from the Reflections sculpture at the entrance of the Minnetonka Community Center. Ruth will be recognized by the Minnetonka City Council at its Monday, January 10 meeting. *For more information, visit TheMarsh.com*

In the Restaurant...

- We've received many compliments and recipe requests for the food served at our Member Holiday Party last month. Thank you. We have added a Recipe section to DineAtTheMarsh.com. Find the Wild Rice Meat Loaf recipe there.
- Remember, even though it is cold outside it is warm inside The Marsh. Stop by for our Thursday Pasta Nights, Fresh Catch Fridays and Prime Rib Saturdays, or any night of the week for a warm meal, friendly service and a comfortable atmosphere.
- Speaking of our warm atmosphere, The Marsh is a wonderful location for weddings and special events. If you are planning a special event in 2011, please consider The Marsh. *Contact Betsy at 952-935-8537 for details.*

Let's Talk Books

Finding Nouf by Zoe Ferraris

This mystery will open your eyes as the author, in her first novel, takes the reader to Saudi Arabia and the attempts to solve the murder of the rich, sixteen year old, beauty, Nouf. The book is well written and introduces the reader to a country and its customs little known to the outside world. **Tuesday, January 11, 7:00 p.m., Fireside Room** and **Tuesday, January 18, 1:00 p.m., East Studio.**

Catch the Clearance...

It's January Clearance in the Shop this month. Watch for excellent prices on our wonderful holiday and winter products... clothing, jewelry, holiday decor. And get ready for new lines coming in January.

Watch ShopAtTheMarsh.com for any late breaking news on new products or trunk shows.



Members' Corner...

Marsh Mobile... It is now easier than ever for on-the-go people to find our class schedules. We've added a new application for Smart Phones featuring class schedule icons that open to easy-to-read chronological listings. Whenever you have your phone, you have our schedule. Simply go to TheMarsh.com

Weekly E-News... Visit the Contacts page on TheMarsh.com to sign up to receive weekly news, updates and offers from The Marsh.

We are closing at 4:00 p.m. on January 7 so The Marsh staff can enjoy a well-deserved holiday celebration.

Please remember to be courteous to your fellow members by:

- Limiting your time on the exercise equipment to 30 minutes and wiping it off when you are done.
- Placing used towels in the towel receptacle.
- Disposing of used razors in the receptacles provided.

New Members...

Maryrose Adamek	Mary Jo Fulkerson	Philip Noyed
Carl Adamek	Andrea Fulkerson	Sherril Oman
Patrick Allesee	Audrey Grossman	Gretchen Parsons
Peggy Beardsley	Charlie Hernandez	David Pierson
Patricia Brown	Rebecca Hoekstra	Sara Pierson
Dee Dee Chowen	Delores Houle	Cindy Pratt
Colleen Chowen-	Vicki Hovde	Charni Rudnick
Robinson	Greg Karlen	Steve Rudnick
Bayne Doughty	Myra Karlen	Kali Russen
Susan Farley	Kris Lang-Shasky	Mona Schmidt
David Floren	Kate Mackin	John Shasky
Joan Floren	Heather McEnerney	Terry Sias
Thomas Fulkerson	Barbara E. Nelson	Jean Sovo
		Monica Sovo
		Sara Whicher

JANUARY

2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2 √ Nia 10:15 a.m. √ Aqua Mix 10:15 a.m.	3 √ Intro to Nia 10:15 a.m. √ Demystifying Group Exercise 10:30 a.m. √ Demystifying Weight Loss 11:30 a.m. √ BodyJam 7:15 p.m.	4 √ Flo Motion 10:30 a.m. Bridge Lessons begin Beginning 10:00 a.m. Intermediate 1:00 p.m. √ Nia 6:00 p.m.	5 √ Nia 10:15 a.m. Franklin Method: Shoulders 7:00 p.m. √ BodyJam 7:15 p.m.	6 √ Flo Motion 10:30 a.m. Yoga for Arthritis Series begins 11:45 a.m. Pasta Night - 5:00 - 8:00 p.m.	7 Building closes at 4:00 p.m. √ Dance Variety: BodyJam 9:15 a.m. √ Drums Alive 10:15 a.m. Fresh Catch Friday	8 Happy New Year! Building Hours: 7:00 a.m. - 3:00 p.m. Spa, Restaurant, Shop, & Kids Club Closed √ Nia 10:15 a.m. Organizing for Your Peace of Mind 12:30 p.m. √ New Year's Yoga 11:30 a.m. Tai Chi Master Class 1:30 - 3:30 p.m. Organizing Photos for Life 3:00 p.m.	
9 First week of Swim Lessons √ Nia 10:15 a.m. √ Cardio Bounce 4:00 p.m. Aquababies and Aquatots 4:00 - 6:00 p.m.	10 Pilates Barre 8:00 a.m. √ Pilates Open Door 10:00 a.m. √ Nia 10:15 a.m. New Daytime Marsh Lite Series begins 11:30 a.m. check-in; 12:00 p.m. program New BodyPump Launch √ BodyJam 7:15 p.m.	11 √ Zumba 10:30 a.m. Bridge Lessons Beginning 10:00 a.m. Intermediate 1:00 p.m. √ Let's Talk Books 7:00 p.m.	12 √ Nia 10:15 a.m. Pilates Barre 4:00 p.m. Letting Go: The Overburdened Household 7:00 p.m. √ BodyJam 7:15 p.m.	13 √ Intro to Chi Ball 10:30 a.m. Yoga for Arthritis 11:45 a.m. Pasta Night - 5:00 - 8:00 p.m.	14 √ Dance Variety: BodyJam 9:15 a.m. Fresh Catch Friday	15 √ Super Saturday Dance Party 9:15 a.m. - Zumba/Live Drumming 10:00 a.m. - Nia 10:45 a.m. - BodyJam 11:30 a.m. - Pilates Barre Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m. Prime Rib Special	
16 √ Nia 10:15 a.m. √ Cardio Bounce 4:00 p.m. Aquababies and Aquatots 4:00 - 6:00 p.m.	17 Pilates Barre 8:00 a.m. √ Nia 10:15 a.m. Marsh Lite 11:30 a.m. check-in; 12:00 p.m. program √ BodyJam 7:15 p.m.	18 √ Flo Motion 10:30 a.m. Bridge Lessons Beginning 10:00 a.m. Intermediate 1:00 p.m. √ Let's Talk Books 1:00 p.m. √ Nia 6:00 p.m.	19 √ Nia 10:15 a.m. Pilates Barre 4:00 p.m. New Evening Marsh Lite Series begins 6:00 p.m. check-in; 6:30 p.m. program √ BodyJam 7:15 p.m.	20 √ Intro to Zumba 10:30 a.m. Yoga for Arthritis 11:45 a.m. Physician Lecture on Neuropathy 7:00 p.m. Pasta Night - 5:00 - 8:00 p.m.	21 √ Dance Variety: Zumba 9:15 a.m. Fresh Catch Friday	22 √ Dance Variety: BodyJam 10:30 a.m. Organizing for your Peace of Mind 12:30 p.m. Yoga from the Very Beginning 11:45 a.m. Organizing Photos for Life 3:00 p.m. Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.	
23 √ Nia 10:15 a.m. √ Cardio Bounce 4:00 p.m. Aquababies and Aquatots 4:00 - 6:00 p.m.	24 Pilates Barre 8:00 a.m. Marsh Lite 11:30 a.m. check-in; 12:00 p.m. program MBSR 6:30 - 9:00 p.m. √ BodyJam 7:15 p.m.	25 √ Flo Motion 10:30 a.m. Bridge Lessons Beginning 10:00 a.m. Intermediate 1:00 p.m.	26 Pilates Barre 4:00 p.m. Marsh Lite 6:00 p.m. check-in; 6:30 p.m. program √ BodyJam 7:15 p.m.	27 √ Flo Motion 10:30 a.m. Yoga for Arthritis 11:45 a.m. Pasta Night - 5:00 - 8:00 p.m.	28 √ Dance Variety: BodyJam 9:15 a.m. Fresh Catch Friday	29 √ Dance Variety: Zumba 10:30 a.m. √ Pilates Open Door 11:00 a.m. Yoga from the Very Beginning 11:45 a.m. "Not Me" Safety and Defense Training 2:00 p.m. Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.	
30 √ Nia 10:15 a.m. √ Friends & Family BodyPump 4:00 p.m. √ Cardio Bounce 4:00 p.m. Aquababies and Aquatots 4:00 - 6:00 p.m. Reiki Affirmation Dance 7:00 p.m.	31 Pilates Barre 8:00 a.m. √ Nia 10:15 a.m. Marsh Lite 11:30 a.m. check-in; 12:00 p.m. program √ BodyJam 7:15 p.m.	Upcoming Events... <ul style="list-style-type: none"> • A Celebration of Chinese Movement and Art - February 5 • Introduction to Movement begins - February 7 	 <p>the Marsh A Center for Balance and Fitness 15000 Minnetonka Blvd., Minnetonka, MN 55345 952-935-2202 • www.themarsh.com</p>				Denotes special events that may affect parking

Represents complimentary programs for members

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- *Franklin Method Workshop: Shoulders*

*Invite your friends to warm up at The Marsh
this winter and enjoy 25 Days on us!*



Dance at The Marsh in 2011 *Join us for Super Saturday Dance Party on January 15*

Come and experience for yourself a variety of dance classes that members and non-members alike are raving about! Dance classes at The Marsh are creative, a great workout and most of all... fun!

Join us for **Super Saturday Dance Party** on January 15 starting at 9:15 a.m. to **sample five of our most popular dance classes** at The Marsh:

- **Zumba with Live Drumming, 9:15 - 10:00 a.m.** - a fusion of Latin and International music that creates a dynamic, exciting and effective exercise experience (*offered weekly, check schedules for days and times*).
- **Nia, 10:00 - 10:45 a.m.** - Integrative movements that blend dance, martial arts and healing arts (*10:15 a.m. Mondays, Wednesdays and Sundays; 6:00 p.m. Tuesdays and part of Friday and Saturday Dance Variety rotation*).
- **BODYJAMTM, 10:45 - 11:30 a.m.** - An addictive fusion of the latest dance styles and hottest new sounds (*7:15 p.m. Mondays and Wednesdays and part of the Friday and Saturday Dance Variety rotation*).
- **Pilates Barre, 11:30 a.m. - 12:15 p.m.** - A combination of ballet and Pilates... Improve your balance, flexibility and posture, strengthen your legs and move to fresh choreography. (*8:00 a.m. Mondays and 4:00 p.m. Wednesdays, January 10 - February 2*)

Sample each class for 45 minutes. Stay for refreshments and a chance to win a complimentary spa service valued at \$100. Receive a free Dance at the Marsh headband while supplies last! Complimentary/\$10. Sign up today by calling the Front Desk at 952-935-2202!

Watch for our new *Guide to Dance at The Marsh* materials to see our complete schedule of dance classes, including pricing and descriptions. Most classes are complimentary for members and \$15 for guests.