

the Marsh Monthly

Volume 26, Issue 3

March 2011



Balance Bylines

By Ruth Stricker

As I write, more snow is forecasted and the only assurance that Spring is coming is the date on the calendar! March is one of those “middle” months when it’s too early to think geraniums and winter is getting “old.” Because Easter is a month later this year and if we have no travel plans... this is a long month. So, what are we to do? Go into a holding pattern or a maintenance mode? Obviously I have something else in mind, for we know that to wish away time would be very sad. How we spend our days... is how we spend our lives... so what motivates us into living each day to the fullest?

I turn to author Daniel Pink’s work which has made an impact on how we think about motivation. His first book, *A Whole New Mind: Why Right-Brainers Will Rule the Future*, suggested that we have moved from the Information Age (sequential, logical and analytical) to the Conceptual Age (nonlinear, intuitive and holistic). He believes that while the “left-brain” capabilities of the Information Age are necessary but no longer sufficient, the “right-brain” qualities of inventiveness, empathy, joyfulness, meaning and purpose increasingly will determine who flourishes.

Pink’s latest book, *DRIVE: The Surprising Truth About What Motivates Us*, demonstrates that while external rewards like money or the carrot-and-stick approach worked in the twentieth century, it is precisely the wrong way to motivate people for today’s challenges. His secret to high performance and satisfaction is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. Drawing from forty years of research by scholars in behavioral science, psychology and economics, Pink came up with two types of personalities that react differently to motivation.

- **Type 1 (Intrinsic)** – main motivation is the freedom, challenge and purpose of the undertaking itself; any other gains are welcome but mainly as a bonus. They like being recognized for their accomplishments, but recognition is

not a goal in itself. They have greater physical and mental well-being. They are self directed and devoted to becoming better and better at something that matters and are connected to a quest for excellence to a larger purpose.

- **Type X (Extrinsic)** – main motivation is external reward. Competitive, money and competition are goals in themselves. Any X can become a Type 1.

Pink explains that no one exhibits pure Type X or Type 1 behavior constantly. Type 1 behavior is made, not born. These behavioral patterns aren’t fixed traits. They are proclivities that emerge from circumstance, experience and context. Pink’s simple explanation: “Think about yourself. Does what energizes you – what gets you up in the morning and propels you through the day – come from the inside or from the outside?”

Now, we know and observe that Marsh members are exceptional and have remained active through the extreme cold and snow this winter. However, adding a new dimension to what motivates us may be fun for you to think about this month. Stroll through our newsletter with fresh eyes and you will note that there are activities for all of us, whether we are 1’s or X’s or some of each. Some of us will gravitate to programs that soothe the soul, bring happiness and offer purpose, while others will pursue competition or physical challenges that can be improved on over time. There is no right or wrong way, but a balance of the two is the Marsh Way.

Speaking of purpose, this discussion about our own motivation pales when we think about what is happening in our world. Hundreds, perhaps thousands of people in the Middle East are dying, their motivation being merely a quest for basic needs and rights. “We just want to live like human beings.” Let us join the Conceptual Age and as we take care of ourselves, let us also get outside of ourselves with a perspective of serving a greater purpose.

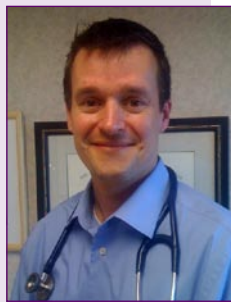
Let us invite Spring into our lives with energy and empathy,

Diabetes: *What 200 Million Americans at Risk Need to Know*

Diabetes Panel

Wednesday, March 16, 7:00 p.m.

Lifestyle interventions are more successful in preventing diabetes than the drug Metformin. Education and awareness are powerful tools in preventing and managing this disease. Learn more from our panel of experts:



Dr. Jason Reed

- **Jason Reed, MD**, a private practice internist, working with Specialists in Internal Medicine and Executive Health Care located on Abbott Northwestern's Minneapolis campus
- **Kim Plessel, MS, RD, LD**, Marsh Registered Dietitian
- **Joel French, PhD**, Exercise Physiologist and Marsh Health Services Director

The evening's topics will include:

- Diabetes Fast Facts
- Findings from *Diabetes Prevention Program* (a research study aimed at discovering whether either diet and exercise or the drug Metformin could prevent or delay the onset of type 2 diabetes)
- Diagnosis and treatment of the disease (symptoms, diagnostic procedures, treatments, complications, etc.)
- The role exercise plays in diabetes prevention and in controlling blood sugar levels
- Strategies for establishing healthy eating patterns to stabilize blood sugars

Sign up today! \$10/\$15

Meet Relief Laser Medical Director Jason Reed, MD

Six out of ten people with diabetes have neuropathy and foot circulation problems, which can be very painful and serious. Many have reported finding relief from cold laser therapy. Learn more about this treatment:

Informal Small Group Information Session **Thursday, March 17, 10:00 - 11:00 a.m.**

Hear the doctor's medical explanation for why these treatments are so effective. Learn about the Marsh's schedules for neuropathy treatment and reduced pricing for the month of March. *For more information, call the Spa at 952-935-8905. Complimentary.*

Have you been Screened for Diabetes?

Diabetes often goes undiagnosed, primarily because its symptoms often seem harmless. Could you be one of the seven million Americans who have undiagnosed diabetes? It's easy to find out. All it takes is a blood glucose screening, a test we offer here at The Marsh. This month, we are offering a special Diabetes Screening Rate of \$40 to those who sign up for this simple test. *To make an appointment, contact Heidi Inwood at (952) 930-8522.*

Symptoms of Diabetes

Type 1 Diabetes

Frequent urination, unusual thirst, extreme hunger, unusual weight loss or gain, extreme fatigue and irritability

Type 2 Diabetes*

Any of the type 1 symptoms or frequent infections, blurred vision, cuts/bruises that are slow to heal, tingling/numbness in the hands/feet, recurring skin, gum, or bladder infections

**Often people with type 2 diabetes have no symptoms*

Demystifying Weight Loss

Wednesday, March 9, 6:00 – 6:30 p.m.

Monday, March 21, 11:30 a.m. - Noon

70 million Americans are obese. Obesity is a prime risk factor for diabetes. Whether you are obese or simply overweight, learn about the many weight loss programs available here at The Marsh. Members of our Health Services Team will be on hand to discuss these programs and how we can customize them to your personal situations. *Complimentary.*

Weekly Weight Loss Presentations

Looking for advice on weight loss? Attend one of our weekly Marsh Lite presentations, led by Health Services Director and Exercise Physiologist Joel French, PhD and Registered Dietitian Kim Plessel, MS, RD, LD. Here is the calendar of topics for March. Attend for the entire series or drop in anytime. *Cost for the series: \$120/\$150; per session \$15/\$20*

- **Monday, March 7, 12:00 - 1:00 p.m.**
Putting Together a Comprehensive Exercise Plan for Weight Loss
- **Monday, March 14, 12:00 - 1:00 p.m.**
The Myths of Weight Loss
- **Monday, March 21, 12:00 - 1:00 p.m.**
Weight Loss and Life Perspective – Looking Beyond Diet and Exercise
- **Monday, March 28, 12:00 - 1:00 p.m.**
Reflection, Celebration and Looking Ahead: Stories of Weight Loss Success

Diabetic and New to Exercise?

We have many excellent group exercise classes. A good place for you to start may be our Body Recall class, held on Tuesdays at 11:30 a.m. *Contact Liz Anema at 952-930-8528 to see if this is a fit for you.*



Restorative Foot Treatment in the Spa

Preventative foot care is critical for individuals with diabetes.

Diabetics often have nerve damage and numbness in their feet and toes making it easy for them to be unaware of and therefore inattentive to minor cuts and injuries.

Foot injuries are very slow and difficult to heal. Early recognition and management of cuts and injuries reduces your risk of developing more serious foot problems.

The Marsh is happy to customize its Restorative Foot Treatment to address the needs of individuals with diabetes. This pedicure begins with an aromatherapy foot wrap, followed by nail and cuticle care, exfoliation and concluding with a foot and leg massage using vitamin rich moisturizers.

Make an appointment by calling 952-935-8905. Cost for a 25-minute appointment: \$30/\$40

Get Personal Support in the Training Center

At The Marsh, we understand that each person responds to different motivations and how we choose to manage our health is no exception. Our intention at The Marsh is to inspire you, cheer you on – not nag or harass you to change. Our exercise specialists are here to answer your questions and offer ongoing support so you can have a positive experience that yields results.

- **Talk to our Trainer-on-Duty.** This person is there to answer questions and offer any necessary assistance.
- **Wear a Green Wristband.** Look for a bowl of green wristbands at the Training Center desk. If you would appreciate having a trainer approach you with suggestions for getting more out of your exercise routine, wear a band to give them a visual cue.
- **Get the Most Out of Your Exercise.** If you want to get the most out of the time you spend exercising, it is important that you understand your personal metabolism. Fortunately, it is easy to get the information you need in one easy assessment... the VO₂. While the name is not very inviting, the assessment is simple and the information you learn about your personal health is invaluable. After this assessment, you will know:
 - **Your Metabolism:** How many calories your body needs each day.
 - **Your Heart Rate Max:** The amount of oxygen your heart circulates throughout your body.
 - **Your Heart Rate Zones:** Expressed as a percentage of your Heart Rate Max, these zones will tell you at what level of intensity you need to exercise (how high you need to get your heart rate) to achieve optimum health and weight loss.

Exercise Specialist **Heidi Inwood** and Health Services Director **Joel French (right)** administer this test in the non-intimidating environment of The Marsh, always taking care to help you understand your results. They will be showing you the equipment they use for VO₂ Testing and answering your questions about how it works and why it matters during several VO₂ Information Sessions in the Training Center. Stop by at your convenience during any of the following times for an informal conversation and demonstration.

- **Wednesday, March 9, 9:00 - 10:00 a.m.**
- **Tuesday, March 22, 9:00 - 10:00 a.m.**
- **Wednesday, March 16, 5:30 - 6:30 p.m.**
- **Wednesday, March 30, 6:30 - 7:30 a.m.**

One Member's Story...



Ardith Schmidt,
Marsh Member

Glucose 94. No evidence of diabetes. Good news. This was the note Marsh member Ardith Schmidt's internist scrawled on her chart in August of 2010. Ardith saved a copy to share with Marsh dietitian Kim Plessel. Here's why.

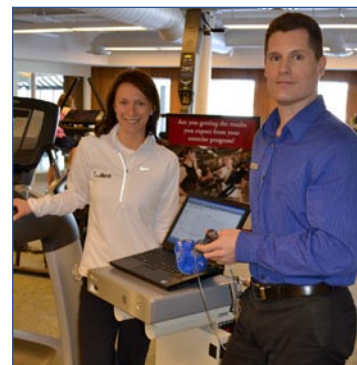
Ardith had a scare when she went for her annual physical in April of 2010 and learned that her blood glucose level had suddenly spiked to 122. Knowing there was a family history of diabetes, her doctor referred her to a local diabetes program. Ardith decided to first consult Marsh dietitian Kim Plessel.

Ardith told Kim the following: In January she decided she wanted to lose weight and had begun a low-fat diet. By April, when she had her physical, she had lost seven pounds. She was feeling good, until she received her blood glucose report.

Kim shed some light on the situation. Although Ardith was losing weight, she was creating a nutritional imbalance in her diet. By focusing all of her efforts on reducing her fat intake, she compensated by over-consuming carbohydrates - heading in to the diabetes risk zone. Kim focused on improving her dietary patterns.

She developed a meal plan that would still accommodate weight loss and introduced her to the book *Choose Your Foods* by the American Diabetes Association. Ardith took Kim's advice and it worked. In addition to restoring her blood glucose to a healthy level, she lost another 10 pounds by the end of the year.

Ardith says she would recommend spending time with a dietitian to anyone. "It's the best money I've ever spent. The time with Kim was invaluable," she said.



Indoor Triathlon



March 21 - 26

The Marsh's Indoor Triathlon is a fun cross-training activity, designed for both the beginner and experienced competitor. Challenge yourself by doing all three events or create a relay team.

Triathlon events:

1. Swim or row 2. Bike 3. Run or walk

Choose one of the following options:

- 60-minute triathlon (20 minutes per activity)
- 30-minute triathlon (10 minutes per activity)

Points: awarded for the distance traveled in each activity. Gender/age handicap scoring is used to identify the winners – so anyone can win!

Training Tips: available from the Trainer on Duty

Everyone can participate. The schedule will be posted in the Training Center. Sign up at the Training Center Desk as soon as possible. Winners will be announced March 28. *Complimentary/\$20*

Small group training sessions: See calendar for dates and times. *Contact Mike Bialick at 952-935-2202, voice mail 8304 or mbialick@themarsh.com for more information. \$15 per person per session.*

Endurance Rides

Come have fun and get your body (and rear!!) in gear for long summer outdoor rides. Marsh group exercise instructor Mary Anderson leads two indoor cycling sessions, which include: snacks, fun music, a variety of drills, healthy tips for handling long rides, prizes and maximum fun.



- **Tuesday, March 15, 5:45 - 7:45 a.m.**
- **Sunday, March 27, 7:00 - 9:00 a.m.**

\$10 plus a donation to the food shelf. Space is limited to 21 participants. Bring: 2-3 water bottles, an extra t-shirt, a CD with your favorite song, a great attitude, cycle shorts (or a gel pad). Be well-hydrated, well-rested and eat lightly before class.

Interested in running or walking this spring?



Your *Team Marsh* Trainers are here to support you.

Team Marsh Trainers **Mike Bialick, Ryan Ford, Jillian Markus, Peter Elsham, Heidi Inwood** and **Jennifer Dehn** (right) are fired up for the spring running and walking season.



- **Read their daily posts to the Team Marsh Blog at TheMarsh.com**, including training and eating tips, links to great articles about running and walking, information about upcoming walks and runs and registration links and invitations to Team Marsh gatherings.
- **Sign up to join the trainers and other Marsh members** at the **100% Irish for a Day Twin Cities 5K Walk/Run** on **Saturday, March 12**. Get details and sign up at <http://www.mtcmarathon.org/IrishForADay/index.cfm>.
- **Sign up to join the trainers and other Marsh members for a pre-race Luck 'o' the Irish Pasta Dinner** in our restaurant on **Friday, March 11, 6:00 - 8:00 p.m.** Enjoy pasta, salad and a roll for \$11.95. You don't need to race the next day to join this community of runners and walkers as they get to know one another and make plans for a great season of Team Marsh fun.
- **Team Marsh long sleeve t-shirts** are available for purchase in the Shop for \$15.

Let us know if you plan to join us for either the Pasta Dinner or the 5K by signing up for the Team Marsh Event on the clipboard at the Training Center Desk. Be sure to include your contact information so we can include you in all event communications.

Equip Yourself to Cope with Stress

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. **Terry Pearson, RPh, MBA** leads an eight-week MBSR program at The Marsh beginning **Monday, March 28** and continuing through **Monday, May 16**. Meet at The Marsh from 6:30 - 9:00 p.m. each Monday, plus participate in a daylong retreat on **Saturday, May 7**. Co-sponsored by the Center for Spirituality and Healing.

Email Beth at somer012@umn.edu for more information. Register to participate by calling 612-624-9459. Series cost: \$395/\$440

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

Franklin Method Workshop with Angela Kneale

Thursday, March 3, 7:00 – 8:30 p.m.

Occupational Therapist **Angela Kneale**, the only third-level certified Franklin Method® instructor in Minnesota, teaches techniques for daily movement and exercise that can help you manage and reduce pain. This month, she leads a **Happy, Healthy Spine Workshop** that will help you understand which cues in exercise, Pilates, yoga and dance support optimal spinal function. Discover how the ligaments and discs interact to strengthen the spine and learn exercises to strengthen your intervertebral discs, joints and muscles. \$20/\$30



Increase Your HQ (Happiness Quotient) by Lowering Your IQ (Irritation Quotient)

Tuesday, March 29, 7:15 - 8:30 p.m.



It's hard to be truly happy when you are feeling irritated. In this experiential workshop, **Laurie Ellis-Young** shares personal stories and teaches well-being techniques gleaned from her personal experiences and travels around the world. Discover how simple activities like sighing, smiling, neck rolls, and many more conscious actions (no matter what age, strength or flexibility) can equip you to reduce your feeling of irritation and increase your ability to live more joyfully. \$10/\$15

Yoga From the Very Beginning

Saturdays, March 12 - April 2, 11:45 a.m. - 1:15 p.m.

This popular series is perfect for anyone new to yoga and interested in learning the fundamentals. This four-week series includes basic poses to help stretch, strengthen and tone the body, relaxation and meditation techniques, benefits of integrating yoga into your daily routines and much more! \$40/\$50



Artist Presentation with Philip Noyed

Tuesday, March 15, 6:30 p.m.

Meet Deephaven artist and Marsh member Philip Noyed, whose colorful abstract oil paintings are now on display in our gallery. Come hear the artist talk about his work and philosophy. Stop by before the presentation for wine and appetizers in our restaurant.

Philip is an active Marsh member and after working with Mike Bialick and *Marsh Runners* for five years, he has achieved a personal goal... that of qualifying for the Boston Marathon before he turns 50 years old. In this exhibit, he commemorates this achievement with the painting of *Marathon*.

Pilates...

Spring Break Pilates

Thursday, March 17, 1:00 - 2:30 p.m.

Traveling over Spring Break but want to continue Pilates? This workshop will equip you with the tools to practice your Pilates Mat classes when you are away

from The Marsh! Learn 10 traditional mat exercises and receive a booklet with pictures of the exercises and instructional cues to take home with you.

Led by **Lesley Koehnen**. \$30/\$40

Back by popular demand...

Pilates Foam Roller

Thursdays, March 10 - 24, 8:00 a.m.

\$30 /\$45 for four weeks or \$10/\$15 per session. Foam rollers required. Bring one or purchase one from us.

Pilates Open Doors

Monday, March 7, 10:00 a.m. and Saturday, March 26, 11:00 a.m. Complimentary

Pilates Barre Class Series

New 4-week series begins Monday, March 7, 8:00 a.m. - 9:00 a.m. \$30/\$45

In the Pool... Warm Water Aquatics for Arthritis

Thursdays, March 3 - 24, 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. \$15/\$25 for the four-week series; \$5/\$8 per class.

Save the Date!

26th Anniversary Speaker

**Stuart Brown, MD, author of
*Play: How it Shapes the Brain, Opens
the Imagination and Invigorates the Soul*
Tuesday, May 17, 7:00 p.m.**

Spa... In the News

Veteran Marsh massage therapist **Roger Bolz** was featured in the February issue of *Lake Minnetonka Magazine*. Recognized for his strength, compassion and commitment to helping people relax and feel healthier, the article is an excellent testament to his 18 years of service to clients at The Marsh. If you haven't met him, you may wish to experience Roger's special blend of neuromuscular, shiatsu and sports massage techniques. *Call the Spa at 952-935-8905 to make an appointment. Roger is available Monday - Thursday and Saturday.*

Spring Tune Up

It's time to restore color to your nails and skin, rehydrate your skin and rid yourself of the aching muscles that go along with the Minnesota winter hunch. Visit the Spa today and check our extensive menu of services. Here are a few that we recommend this month:

- **Aromessence Body Polish and Wrap**
- **Swedish Massage**
- **Ultimate Dry Skin Facial**
- **Self-Tanning**
- **Ultimate Spa Manicure and Pedicure**

Learn more by visiting SpaatTheMarsh.com. Call the Spa at 952-935-8905 to make an appointment.

Let's Talk Books

The Other Wes Moore by Wes Moore

Tuesday, March 8, 7:00 p.m. and Tuesday, March 15, 1:00 p.m.

The Marsh Book Club has visited two foreign lands with its last two selections - Saudi Arabia and England. This month, we visit two other locations - foreign to most of us - the streets of Baltimore and the Bronx. In this memoir, *The Other Wes Moore*, the author introduces us to two young men with very similar backgrounds but very different futures. *Complimentary.*

Spring Fashions Arriving Weekly...



- **Colors** - orange, navy and soft neutrals
- **Styles** - Romantic Victorian to '70s classic sportswear to clean minimalism
- **Style features:**
 - vintage lace, crochet, soft billowy sleeves
 - wide leg and flared pants
 - trench coats and peasant blouses
 - midi skirts and pale denim
- **Accessories:**
 - color blocked and snakeskin bags & shoes
 - wide belts
 - chunky heels
 - long chains with pendants



Calling all Knitters!

Join Knit & Nosh on Mondays at 4:00 p.m. in the restaurant.



Roger Bolz, as pictured in Lake Minnetonka Magazine

Members' Corner...

• **When Did You Join The Marsh?** Members have been asking. The Front Desk personnel can give that information to you.

• **Indoor Track Reminder** – Walkers and those moving more slowly should use the inside lane.

• **Locker Room Etiquette** – Our housekeeping staff makes routine checks every 30 minutes, but we are asking you to do your part in keeping a clean and pleasant place. When you are leaving the locker room, please remember to make sure that you haven't left towels or personal items behind.

• **Cell Phone Etiquette** – Our members and guests always tell us how much they appreciate our cell phone free environment. Please do your part to help us maintain this relaxing atmosphere. Place your phone on silent when you enter our building. If you need to speak on it, please do so on our Third Floor, deck area or in one of the vestibule areas by the front or restaurant doors.

• **Group Exercise Class Participants** – Your classmates appreciate your efforts to arrive and get situated before our classes begin. Thank you for making every effort to support your classmates.

New Members...

Eric Brandel
Kathy Brandel
Cathy Bratter
Wendy Burton
Matthew Christoff
Tamara Christoff
Diane Coplan-Donohue
Juneal Dyrhaug
Cindy Geiger
Lucy Hartwell

Don Hecker
Rise Kasmirski
Amy Klump
Tracy Knudsen
Don Knutson
Carol Knutson
Sallie March
Sandra Racek
Diane Rappaport
Paula Sanford
Anne C. Towey
Steve Whicher

In the Restaurant...

• Seasonal menu changes and a new wine selection

• **St. Patrick's Week Specials:** *Corned Beef & Cabbage, Lamb Stew, Bailey's Fudge Brownies, Lucky Shamrock Cookies and a variety of traditional Irish favorites*

• **Mardi Gras Specials** on March 8:
Seafood Gumbo and Jambalaya



MARCH

2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6</p> <p><i>Upcoming Events...</i></p> <ul style="list-style-type: none"> • Five Tibetan Rites Workshop - April 7 • Anniversary Speaker: Stuart Brown, MD, author of <i>Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul</i>, Tuesday, May 17 <p>Aquababies and Aquatots 3:30 - 6:00 p.m.</p> <p>Yoga Experiential 5:00 p.m.</p>	<p>7 Pilates Barre Series begins 8:00 a.m.</p> <p>Y Pilates Open Door 10:00 a.m.</p> <p>Marsh Lite: <i>Putting Together a Comprehensive Exercise Plan</i> 12:00 - 1:00 p.m.</p> <p>Indoor Triathlon Training: Row 6:00 - 7:00 p.m.</p> <p>Y BodyJam 7:15 p.m.</p>	<p>8 <i>Mardi Gras</i></p> <p>Y Zumba 10:30 a.m.</p> <p>Y Body Recall 11:30 a.m.</p> <p>Indoor Triathlon Training: Swim 6:15 - 7:15 p.m.</p> <p>Y Let's Talk Books 7:00 p.m.</p>	<p>9</p> <p>Y VO₂ Information Session 9:00 a.m.</p> <p>Y Demystifying Weight Loss 6:00 p.m.</p>	<p>10</p> <p>Indoor Triathlon Training: Bike 8:00 - 9:00 a.m.</p> <p>Pilates Foam Roller Series begins 8:00 a.m.</p> <p>Y Latin Grooves 10:15 a.m.</p> <p>Water Arthritis Class 11:45 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>4</p> <p>Y Step 7:00 a.m.</p> <p>Y Zumba 9:15 a.m.</p> <p>Y Drums Alive 10:15 a.m.</p> <p>Fresh Catch Friday</p>	<p>5</p> <p>Y Nia 10:30 a.m.</p> <p>Jazz Happy Hour 5:00 - 7:00 p.m.</p> <p>Prime Rib Special</p>
<p>13 Daylight Savings Time begins</p> <p>Aquababies and Aquatots 3:30 - 6:00 p.m.</p> <p>Y Yoga Experiential 5:00 p.m.</p>	<p>14 Pilates Barre 8:00 a.m.</p> <p>Marsh Lite: <i>The Myths of Weight Loss</i> 12:00 - 1:00 p.m.</p> <p>Golf Spring Training Workshop 12:45 - 2:00 p.m.</p> <p>Indoor Triathlon Training: Run 6:00 - 7:00 p.m.</p>	<p>15 Endurance Ride 5:45 - 7:45 a.m.</p> <p>Y Cardio Salsa 10:30 a.m.</p> <p>Y Body Recall 11:30 a.m.</p> <p>Y Let's Talk Books 1:00 p.m.</p> <p>Y Artist Presentation with Philip Noyed 6:30 p.m.</p>	<p>16</p> <p>Y VO₂ Information Session 5:30 p.m.</p> <p>Diabetes Panel 7:00 p.m.</p> <p>Y BodyJam 7:15 p.m.</p>	<p>17 St. Patrick's Day</p> <p>Pilates Foam Roller 8:00 a.m.</p> <p>Y Leprechaun Relay 9:30 a.m.</p> <p>Y Dr. Reed Small Group Information Session 10:00 - 11:00 a.m.</p> <p>Spring Break Pilates Workshop 1:00 - 2:30 p.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>18</p> <p>Y Broadway Dance 9:15 a.m.</p> <p>Y BodyJam Dance Lessons 6:00 - 6:30 p.m.</p> <p>Y BodyJam 6:30 p.m.</p> <p>Fresh Catch Friday</p>	<p>19</p> <p>Y Zumba with Live Drumming 10:30 a.m.</p> <p>Yoga from the Very Beginning 11:45 a.m.</p> <p>Jazz Happy Hour 5:00 - 7:00 p.m.</p> <p>Prime Rib Special</p>
<p>20 First Day of Spring</p> <p>Aquababies and Aquatots 3:30 - 6:00 p.m.</p> <p>Reiki Affirmation Dance 7:00 p.m.</p>	<p>21 The Marsh's Indoor Triathlon begins</p> <p>Pilates Barre 8:00 a.m.</p> <p>Y Demystifying Weight Loss 11:30 a.m.</p> <p>Marsh Lite: <i>Weight Loss and Life Perspective</i> 12:00 - 1:00 p.m.</p> <p>Y Spring Labyrinth 1:00 - 5:30 p.m.</p>	<p>22</p> <p>Y VO₂ Information Session 9:00 a.m.</p> <p>Y Latin Grooves 10:15 a.m.</p> <p>Y Body Recall 11:30 a.m.</p> <p>Spring Swim Lessons begin 1:00 - 5:30 p.m.</p>	<p>23</p> <p>Spring Swim Lessons begin</p> <p>Pilates Foam Roller 8:00 a.m.</p> <p>Water Arthritis Class 11:45 a.m.</p> <p>Y Chi Ball 10:30 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>24</p> <p>Spring Swim Lessons begin</p> <p>Pilates Foam Roller 8:00 a.m.</p> <p>Water Arthritis Class 11:45 a.m.</p> <p>Y Chi Ball 10:30 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p>25</p> <p>Y Yoga Booty Ballet 9:15 a.m.</p> <p>Fresh Catch Friday</p>	<p>26 Y BodyJam 10:30 a.m.</p> <p>Y Pilates Open Door 11:00 a.m.</p> <p>Yoga from the Very Beginning 11:45 a.m.</p> <p>Family Splash 4:00 p.m.</p> <p>Jazz Happy Hour 5:00 - 7:00 p.m.</p> <p>Prime Rib Special</p>
<p>27</p> <p>Endurance Ride 7:00 - 9:00 a.m.</p> <p>Spring Swim Lessons begin</p> <p>Aquababies and Aquatots 3:30 - 6:00 p.m.</p>	<p>28 Pilates Barre 8:00 a.m.</p> <p>Marsh Lite: <i>Reflection, Celebration & Looking Ahead</i> 12:00 - 1:00 p.m.</p> <p>MBSR begins 6:30 p.m.</p>	<p>29</p> <p>Y Zumba 10:30 a.m.</p> <p>Y Body Recall 11:30 a.m.</p> <p>HQ-IQ 7:15 - 8:30 p.m.</p>	<p>30</p> <p>Y VO₂ Information Session 6:30 a.m.</p>	<p>31 Pilates Foam Roller 8:00 a.m.</p> <p>Y BodyPump 9:15 a.m.</p> <p>Pasta Night - 5:00 - 8:00 p.m.</p>	<p><i>Participate in The Marsh's Indoor Triathlon - see page 4 for details</i></p>	



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Represents complimentary programs for members

INSIDE THIS ISSUE:

- *Diabetes Panel*
- *Franklin Method Workshop:
Happy, Healthy Spine*
- *Spring Break Pilates*
- *Warm Water Aquatics for Arthritis*
- *Get Personal Support from the
Training Center*
- *Yoga from the Very Beginning*

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

Springtime at The Marsh...



Golf Spring Training Workshop

**Monday, March 14,
12:45 - 2:00 p.m.**

Learn how to improve your swing and take your game to the next level by improving your balance, stability and core strength. Wear comfortable exercise clothes and tennis shoes that tie. Led by **Mary Ann Dobesh. \$30/\$40**

St. Paddy's Day Leprechaun Relay

Thursday, March 17, 9:30 a.m.

We won't be turnin' the water green but we'll still have a bit 'o' fun in the pool. **Jillian O'Markus** will be playin' the Irish tunes and dancing a jig while she leads us in relays and games a plenty in the Lap Pool. There'll even be a pot 'o' gold for one lucky soul. *Complimentary/\$15*



Friday Night BodyJam™ with Dance Lessons

Friday, March 18, 6:00 – 6:30 p.m. Dance Lessons (*optional*);
6:30 - 7:30 p.m. BodyJam™ Class

Get your Friday night off to a great start by coming with your friends and joining in this high energy dance class. *Complimentary/\$15 adults or \$7 high school students*

Spring Labyrinth Walk!

Monday, March 21, 1:00 – 5:30 p.m.

A moving meditation, walking the labyrinth offers time for relaxation and renewal... a perfect activity for the Spring Equinox.

It's Back! Family Splash

Saturdays, March 12 and 26, 4:00 – 5:00 p.m.

Bring your children or grandchildren for fun in the Lap Pool. *Family of 4: \$20/\$30. Additional participants: \$5/\$8 each. Adults must accompany children under the age of 16.*

Complimentary Taekwondo Classes for the Family

The Marsh's ATA Certified Taekwondo program offers classes for adults and children ages 4 and up. Bring the whole family. Not only do we teach martial arts, we teach life skills such as respect, discipline and goal setting. Enjoy a week of free classes at no charge during the month of March. *To register or learn more, contact Candy Swanson at 952-935-2202, voice mail 8032.*

Children's Swimming Lessons

Spring session begins March 22

Lessons occur on Sundays, Tuesdays and Thursdays between the hours of 3:30 – 6:00 p.m. *For more details or to register click on Fitness at TheMarsh.com, or contact Jillian Markus at jmarkus@themarsh.com or 952-930-8511.*