



# the Marsh Monthly

Volume 26, Issue 11

November 2011



## Balance Bylines

By Ruth Stricker

This is the time of year when we become more aware of our thanksgiving and gratefulness for the many gifts we live each day simply by virtue of being Americans... the simple forms of abundance which we take for granted – our families, friends, our community... our freedoms! While we are all aware of current heartaches and hardships, we also know that the danger to well-being is to believe conditions will never improve. With the constant war of the media reminding us of how miserable we are, or should be, it may be time for us to consider some ways to fortify ourselves with vitality, endurance and resiliency, or perhaps to own our emotions by quieting the mind, sifting out priorities and seeking social support. I suspect that many of us are drawn to The Marsh for these very reasons: to stay physically healthy and to match any grim realities in our personal lives with stubborn optimism, knowing that we can control our life space through our beliefs, emotions and attitudes and can consciously accept, reject or modify them to fit our unique life circumstances.

Our staff have responded to this theme by carefully selecting a variety of activities and program suggestions for you beyond your normal Marsh routines this month. As partners in your journey, we are here to cheer you up or calm you down!

We have also been talking about two research studies just published which address exercise and stress. I offer them for your November pondering. An interesting perspective on *Exercise: Closing the Gap Between Values and Behaviors* acknowledges that we may have specific goals for exercising and they are all fine, but concentrating on the intrinsic qualities and values of exercise is better. “Quality

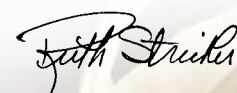
of Life” in this study became more helpful than the other goals of healthy aging, disease prevention, appearance and weight. Distant goals were not as effective as the immediate benefits of exercise that enrich daily living. Short term benefits/immediate pay offs motivate behavior better than distant goals. This supposition of taking care of today brings smaller, immediate rewards such as improving mood, decreasing stress, “feeling good” and being centered.

Another paper on *Lifestyle Behavior and Emotional Health* points out a new byproduct of stress. It states that being unsure of oneself or lacking in decision-making capabilities was associated with higher risk health practices. The strongest correlation for both men and women in this study was “personal uncertainty.” Just think of that for a minute... I’m sure we all can identify with uncertainty, which can lead to excess stress, worry and trying to project into the future which often is out of our control.

The “take home” on these two papers, I suggest, is to seek Quality of Life... meeting each day for what it is, making peace with the arguments in our head and heart, slowing down so we can make thoughtful decisions and be present and intentional in our actions.

There are always whole and beautiful pieces of our life for which to be thankful. Let us connect the collective anxiety felt around the world to compassion, understanding and tolerance. We must help each other to live the lives we have been given.

Ease your way into the holiday season and enjoy!



Ruth Stricker

# Navigating the Holidays... with less stress

**Mayo Clinic  
Physician  
Brent Bauer:**  
*Stress Less and  
Feel Better During  
Busy Times*  
**Thursday, December 1  
7:00 p.m.**



*Dr. Brent Bauer*

Dr. Brent Bauer, Director of the Department of Internal Medicine's Complementary and Integrative Medicine Program at the Mayo Clinic, will share the power of complementary medicine and self-care techniques to help us stay healthy and happy this holiday season.

A longtime friend of The Marsh, Dr. Bauer's work combines the best of conventional medicine and complementary therapies to ensure the best outcome for his patients. An Associate Professor of Medicine, Dr. Bauer has been on staff at the Mayo Clinic for 19 years. He has authored several book chapters and papers on this topic, and is the Medical Editor of the *Mayo Clinic Book of Alternative Medicine*.

*Refreshments follow presentation. \$15/\$20.*



*Marsh  
Gift  
Cards...*

*a great gift for the holidays.*

## *Stay Energized with Exercise...*

### **Thanksgiving Weekend Calorie Burners**

**Thursday, November 24 - Sunday, November 27**

Out of town guests coming for the holidays? We'd love to meet them. We'll have the special holiday class schedule posted online and at the Front Desk. Your friends and family members can join us for only \$5.00 per class, including Marsh X and Quick TRX!

#### **Thanksgiving Day Classes**

**9:00 a.m. - Body Pump • 9:30 a.m. - Cardio Bounce  
10:15 a.m. - Glee Dance Party**

## **Quick TRX**

Perfect for those with a limited amount of time, Quick TRX Training offers a full body workout in only 30 minutes. Led by a team of exercise specialists.

- **Sundays, 4:15 - 4:45 p.m.**
- **Tuesdays, 5:15 - 5:45 p.m.**
- **Thursdays, 7:15 - 7:45 a.m.**

*Register in advance: TRX Hotline, 952-930-8597, ext. 5555, \$15/\$25 per class.*



## **Quick Pilates/TRX Fusion**

**Tuesdays, December 6 - 27, 7:30 - 8:00 a.m.**

This abbreviated version of our Pilates/TRX Fusion class is perfect for the person with more energy than time! Led by Lesley Koehnen. *Call the Pilates Hotline, 952-930-8597, ext. 4444, to register. \$15/\$25 per class.*

## *Navigate Your Holiday Eating...*

*Dietitian Kim Plessel & Executive Chef David Owen Jones*

**Monday, December 12, 11:30 a.m. - 1:00 p.m.**

The holidays present a unique opportunity to reframe your approach to eating. Most of us have information overload about what to eat, when to eat and how much to eat. While some information is valuable, too much causes us to lose sight of our own intuition on how to feed ourselves well. Embrace the holidays by embracing the key principles of Intuitive Eating. You will enjoy the holidays more – and cultivate skills to honor your physical and emotional needs throughout the year ahead.

Enjoy a delicious lunch prepared by Executive Chef David Owen Jones. Everyone will also receive a fun, kitchen-themed gift. *\$25/person*

*and more vitality!*

## **New! Bagua Flow Workshop**

**Sundays, November 20 -  
December 18, 1:00 - 2:30 p.m.**

Bagua Flow is an exceptionally beautiful “internal” martial art form emphasizing flowing movements using bamboo Bo Staffs and Chinese fans. It calms the spirit, soothes the mind and invigorates the body.

**Maria Camille**, creator of Bagua Flow, will conduct this four-part workshop. *\$50/\$75 for four-week series. No class on November 27.*



## **Special Event! EASY with Shinzo Fujimaki**

**Friday, November 4, 7:00 p.m.**

Shinzo Fujimaki, founder of Energetic Aquatic Shiatsu Yoga (EASY) will introduce Marsh members to this unique program based on a combination of ai chi, shiatsu and yoga.

Shinzo is visiting from California to lead a weekend workshop for aquatics professionals. As a favor to us, he is also leading this special master class for our members. *For more information, contact Jillian at 952-930-8511 or jmarkus@themarsh.com. \$20/\$25*

## **New! Yoga for Asthma and Allergies**

**Saturday, November 12, 3:00 – 5:30 p.m.**

Discover how the application of simple yoga principles can greatly relieve your troublesome asthma and allergy symptoms. Learn specific postures, breathing exercises, techniques and daily routines you can use to prevent or minimize symptoms or control asthma and allergy attacks when they do occur. This workshop includes both lecture and movement, so dress in comfortable clothing. No yoga experience necessary. Led by **Sharon Hills-Bonczyk**. *\$30/\$45*

## **Member “Show & Tell” Packets**

Many of you have told us you enjoy showing off The Marsh to your friends. That’s why we’ve created special “Show & Tell” packets that you can pick up in the Membership Office to assist you in touring your guests through our place. These packets include a brochure, membership information and a coupon for you and your guest to enjoy coffee and a scone in our restaurant. *Thanks for introducing us to your friends.*

## **Navigate the Holidays with Biometrics™...**

### **Biometrics Meal of the Day in the Restaurant**

Executive Chef David Owen Jones and dietitian Kim Plessel have teamed up to create eleven nutritionally balanced, portion-controlled meals that fulfill the Biometrics criteria and taste great. One of these meals will be offered each weekday from 11:00 a.m. - 8:00 p.m. in our Restaurant. Available to current and recent Biometrics and Biometrics Refresher participants when you show your Biometrics card.

*The weekly Biometrics Meal of the Day menu will be posted online and in the Restaurant. Complete nutritional facts will be available for each meal.*

### **Biometrics Refresher Course**

This new offering for past Biometrics graduates is a great way to re-energize your health and habits before the holidays. Sign up now and schedule your 30-minute meeting with our Program Director, 30-minute nutritional consultation with our registered dietitian, and three 30-minute personal training sessions with one of our exercise specialists. A blood profile and body composition measurements are included. *\$195/\$245*

### **Lose Weight & Gain Energy Before the Holidays**

Join the **Pre-Holidays Biometrics Group** starting **November 7** so you can feel and look your best and have plenty of energy to navigate the holiday season. The group will finish the program by December 18. Between now and then you will get the support you need from our dietitian, exercise physiologist and exercise specialists to dramatically improve your health and reduce your weight.



*For more information or to enroll in Biometrics programs, contact Kim Plessel, [kplessel@themarsh.com](mailto:kplessel@themarsh.com), 952-930-8545 or Joel French, [jfrench@themarsh.com](mailto:jfrench@themarsh.com), 952-930-8512.*

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

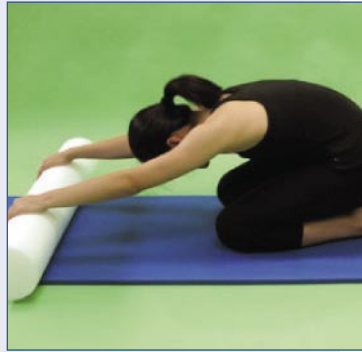
## Give Yourself the Gift of Pilates this Holiday Season

### Pilates Foam Roller Series

Tuesdays, November 1 - November 29,  
8:00 - 9:00 a.m.

\$30 /\$45. Foam roller: \$32; book \$10

**Note:** Foam roller required; available for purchase when you register.



### New! Pre-Natal Pilates Series

Tuesdays, November 1 – December 20, 7:00 – 8:00 p.m.

Series Price: \$95 /\$150. Single Class Price: \$12 /\$20, based on availability.

### Beginning Mat Series

Tuesdays, November 22 – January 10, 10:30 - 11:30 a.m.

Series Price: \$95 /\$150. Single Class Price: \$12 /\$20, based on availability.

### Intermediate/Advanced Mat Series

Thursdays, December 1 – January 12, 10:30 - 11:30 a.m.

Series Price: \$95 /\$150. Single Class Price: \$12 /\$20, based on availability.

### Pilates/TRX Fusion

Mondays, November 21 – January 9, 6:45 – 7:45 p.m.

Series Price: \$95/\$150. Single Class Price: \$12/\$20, based on availability.

Call the Pilates Hotline, 952-930-8597, ext. 4444, to register.

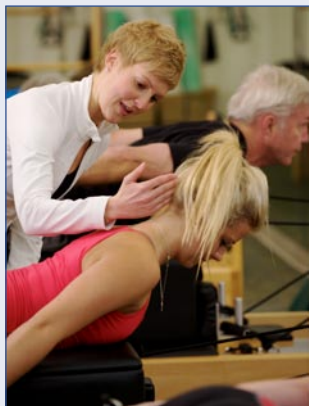
### Pilates Barre Class

Mondays, November 7 - 28, 3:00 – 4:00 p.m.

Improve your balance, flexibility and posture and strengthen your legs.

Move to fresh new choreography which combines ballet and Pilates.

Led by Lesley Koehnen. \$25/\$35 per class



### Pilates Open Doors

- Monday, November 7, 10:00 a.m.
- Saturday, November 26, 11:00 a.m.

Stop by the Pilates Studio to learn about our programs, become familiar with our equipment and chat with an instructor. Can't attend Open Doors but still have questions? Contact Carol Peble at 952-930-8524.

## Merz Physical Therapy Workshop: Protect Your Back

Wednesdays, November 2 - 16,  
1:00 - 2:00 p.m.

Whether you are lifting a child to give them a hug, gathering leaves in the yard, moving snow or setting up holiday ornaments, take care to protect your back so you can enjoy the season. This excellent series teaches you how to move and breathe properly to avoid low back pain or injury. It also gives you a better understanding of the relationship between your lower abdominal muscles and your core strength, spinal stability and function.

Led by Merz Physical Therapist **Shawn Marquis**.  
Series Price: \$75/\$85



## Get Happy and Healthy with Franklin Method...

### New! Digest for Happiness

Tuesday, November 8, 7:00 - 8:30 p.m.

As preparations for the holiday seasons begin and our thoughts turn to delightful food and parties, take a moment to better appreciate and celebrate your body's digestive system. Learn how your digestive organs function and interact with one another during breathing and movement, for better health and happiness of your whole body. \$20/\$30

### New! Franklin Method: The Art and Joy of Healthy Breathing

Tuesday, December 6, 7:00 - 8:30 p.m.

Explore the design and function of your lungs, diaphragm, and ribcage to improve your body's movement and well-being. Learn how efficient, mindful breathing rejuvenates your health thousands of times each day, with every breath. \$20/\$30

Both classes are taught by **Angela Kneale**, an occupational therapist with certifications in Pilates and a Level III Franklin Method instructor.



## One Member's Story...

**Janet Piontek** loves the way TRX Suspension Training makes her feel. More than that, she enjoys the experience. "Each class is different and each trainer brings something unique to the class. It

makes exercise interesting," she said. That's why she is making TRX Suspension Training a centerpiece of her fitness program.

A Marsh member since 2009, Janet has enjoyed participating in a variety of group exercise classes, ranging from Nia to

BodyJam. Over a year ago, she started doing one-on-one training with Exercise Specialist **Jennifer Dehn**. "That has really added value to my membership," she said. "It helps to be accountable to someone."

When Jennifer introduced Janet to TRX Training in August, she was immediately drawn to its versatility, variety and the fact that it is so individualized. "It's easy to adjust the difficulty level so that it is right for you. And even within the TRX classes, there is plenty of individualized attention." she said.

Now Janet is doing a couple of TRX classes each week and also incorporating it into her one-on-one training. "It has taken me to the next level of fitness. The combination of doing TRX and working with Jennifer has enabled me to get there."

*One-on-one training  
"added value to my  
membership."*



## New! TRX Open Doors

Learn more about TRX by stopping by the West Studio at any of the following times to try the moves and ask questions.

- **Thursday, November 10, 7:00 - 7:30 p.m.**
- **Thursday, November 17, 11:30 a.m. - Noon**

*Complimentary*

## Marsh X with TRX

If you like variety, you'll love Marsh X, now featuring TRX Training. This high energy class offers a variety of activities, ranging from cycling, to jumping rope all mixed in with TRX Training. Led by a team of exercise specialists.

- **Wednesdays, 9:15 - 10:15 a.m.**
- **Thursdays, 5:00 - 6:00 p.m.**
- **Saturdays, 8:00 - 9:00 a.m.**

*Register in advance by calling the TRX Hotline at 952-930-8597, ext. 5555., \$15/\$20 per class.*

## In the Spa...



### In Gratitude for Your Service

This month, as a sign of gratitude and show of support for our military families, we are inviting actively deployed reservists and National Guard members and their immediate family members to receive Member Pricing in our Spa. Please share this news with military families you know and consider sharing the gift of spa services with them during the holiday season.

## The Marsh 5K, One Mile and Adventure Challenge

**Saturday, November 5, 8:30 a.m.**

**Sign up and see the course route at**  
*TheMarsh.com or the Front Desk.*

*\$5.00 per person*

**Race day check-in** begins at 7:30 a.m.  
*in the West studio.*

**Questions?** Contact Mike Bialick at  
*mbialick@themarsh.com*



## New! Pigment Balancing Treatment

Seasonal transitions can be tough on your skin so this is a great time to give it the attention it deserves. Our new 25-minute Pigment Balancing Treatment will improve your skin's appearance and texture. It involves the application of a customized, brightening masque designed to reduce and eliminate dark patches resulting from sun damage, aging or hormonal changes. A series of four to six treatments yields the best results. Consult our esthetician for specific recommendations for your skin.

*\$85/\$100 per 25 minute treatment*

## In the Shop...

### Holiday Open House

**Tuesday, November 15, 8:30 a.m. - 8:00 p.m.**

Explore our selection of unique, heartfelt gifts, including cozy pajamas, slippers and sweaters; wooden toys and games; gourmet foods and gadgets; beautiful jewelry and clothing and a wonderful selection of books. Stop by throughout the day to visit, shop and enjoy refreshments.



### Trunk Show: *Zelda Women's Clothing*

**Thursday and Friday, November 17 and 18, 9:30 a.m. - 6:00 p.m.**

We have several other Trunk Shows coming up during the holidays. Check [ShopAtTheMarsh.com](http://ShopAtTheMarsh.com) and our Facebook page for updates.

## Let's Talk Books

*Sheepish: Two Women, Fifty Sheep, and Enough Wool to Save the Planet* by Catherine Friend

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

With great humor and understanding the author traces the history of sheep farming, making yarn and knitting it into something warm and beautiful. A former 'city girl,' Friend lives on a small farm in southeastern Minnesota. The book is based on the "fun (and frustration)" she has experienced. **The author will join our November 15 conversation!** Complimentary. Books available in the Shop.



## In the Restaurant...

### More Music Fills the Air

This month, in addition to enjoying the sweet music of Benny Weinbeck on Saturday nights, you can also hear singer/guitarist Rick Noland on Wednesdays and pianist Bill Gamble on Fridays. Here is the schedule.

- **Wednesdays, 6:00 – 7:00 p.m., Rick Noland**
- **Fridays, 6:00 – 8:00 p.m., Bill Gamble**
- **Saturdays, 5:00 – 7:00 p.m., Benny Weinbeck**

Stay tuned to [DineAtTheMarsh.com](http://DineAtTheMarsh.com) for the latest updates on food and entertainment.

### Congratulations Mike Bialick!

Marsh Exercise Specialist Mike Bialick placed first out of 1,100 registered participants at the October 15th Whistlestop Marathon in Ashland, Wisconsin. His time was 2:40:17. *Congratulations Mike!*

### Mark Your Calendars!

Children's Swim Lessons Winter Session begins **January 8.**

## Members' Corner...

- **The Therapy Pool will be closed** at the following times to accommodate a professional training session.
  - **Saturday, November 5:** 10:15 a.m. - 12:15 p.m.
  - **Sunday, November 6:** 10:15 a.m. - 12:15 p.m. and 1:00 - 3:00 p.m.
- **Student Break Memberships...** Enjoy The Marsh with your students who are home for the holidays. Ask our membership staff about Student Memberships, available for one week or one month.
- **Do you have HSA or Flex Dollars** that need to be used by the end of the year? Don't forget that many Marsh services may qualify for reimbursement through these programs. *Questions? Ask in the Spa or at the Front Desk.*
- **Winter Weather Updates:** - In the rare event that winter weather requires us to adjust our opening or closing times, we will post it on the home page of our website and send email alerts to all members whose email address is in our data base.
- **Thanksgiving Day Hours:**  
Building Hours: 7:00 a.m. – 3:00 p.m.  
Spa, Shop, Restaurant and Kids Club: Closed

## New Members...

Maureen Allesee  
Jeannie Behne  
Steve Berquist  
Diana Carter  
Susan Cotton  
Terri Haugland  
Trisha Hoekstra  
Debra Hoffman  
Pamela Irrgang  
Pat Kridler  
Lee Langer

Mary Lavelle  
Bill Martin  
Trish Martin  
Jan Nelson  
Wiley Sharp  
Marta Snow  
Cheryl Taylor  
Kin Vohs  
Luann Wudlick  
Robert Wudlick  
Nicole Zapzalka  
Susan Zoidis  
Greg Zoidis

## STAY IN TOUCH WITH US!



### E-MAIL

Sign up for our ENews and Offers on the Contacts Page at [TheMarsh.com](http://TheMarsh.com)



### FACEBOOK

Like us at [facebook.com/TheMarshACenterForBalanceAndFitness](http://facebook.com/TheMarshACenterForBalanceAndFitness)



### TWITTER

Follow us at [twitter.com/TheMarshMN](http://twitter.com/TheMarshMN)

# NOVEMBER

# 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> Denotes special events that may affect parking</p> <p>Join us for <i>Happy Hour</i> in our Restaurant, <i>Monday - Saturday, 4:00 - 8:00 p.m.</i> Check the calendar for days we will have live music.</p> <p> Represents complimentary programs for members</p>						
<p><b>6</b> <i>Daylight Saving Time Ends</i></p> <p>Pick up your <i>12 Days of Fitness Passports</i> this month!</p> <p><b>Quick TRX</b> 4:15 - 4:45 p.m.</p>	<p><b>7</b> <i>Start One-on-One Biometrics so you'll be done before the holidays!</i></p> <p>✓Pilates Open Door 10:00 a.m.</p> <p><b>Pilates Barre Class</b> 3:00 - 4:00 p.m.</p> <p>✓Knit and Nosh 4:00 p.m.</p> <p>✓<b>BodyJam</b> 7:15 p.m.</p>	<p><b>1</b></p> <p>Pilates Foam Roller series begins 8:00 - 9:00 a.m.</p> <p>Quick TRX 5:15 - 5:45 p.m.</p> <p>Pre-Natal Pilates Mat Series begins 7:00 p.m.</p>	<p><b>2</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p>Merz Physical Therapy: <i>Protect Your Back</i> 1:00 - 2:00 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>3</b></p> <p>Quick TRX 7:15 - 7:45 a.m.</p> <p>Marsh X with TRX 5:00 - 6:00 p.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p><b>4</b></p> <p><i>Happy Hour Music</i> 6:00 - 8:00 p.m.</p> <p>Energetic Aquatic Shiatsu Yoga 7:00 p.m.</p> <p><i>Fresh Catch Friday</i></p>	<p><b>5</b> Marsh X with TRX 8:00 a.m.</p> <p><b>The Marsh 5K, One Mile and Adventure Challenge</b> 8:30 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p><b>13</b> <i>Shop Closed</i></p> <p><b>Quick TRX</b> 4:15 - 4:45 p.m.</p> <p>Reiki Affirmation Dance 7:00 - 8:00 p.m.</p>	<p><b>14</b> <i>Shop Closed</i></p> <p><b>Pilates Barre Class</b> 3:00 - 4:00 p.m.</p> <p>✓Knit and Nosh 4:00 p.m.</p> <p>✓<b>BodyJam</b> 7:15 p.m.</p>	<p><b>8</b>  <i>Don't forget to vote!</i></p> <p>Franklin Method: <i>Digest for Happiness</i> 7:00 p.m.</p> <p>✓Let's Talk Books 7:00 p.m.</p>	<p><b>9</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p>Merz Physical Therapy: <i>Protect Your Back</i> 1:00 - 2:00 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>10</b></p> <p>Quick TRX 7:15 - 7:45 a.m.</p> <p>Marsh X with TRX 5:00 - 6:00 p.m.</p> <p>✓TRX Open Doors 7:00 p.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p><b>11</b> <i>Veteran's Day</i></p> <p><i>Happy Hour Music</i> 6:00 - 8:00 p.m.</p> <p>Yoga Nidra 7:30 p.m.</p> <p><i>Fresh Catch Friday</i></p>	<p><b>12</b> Marsh X with TRX 8:00 a.m.</p> <p>Yoga for Asthma and Allergies 3:00 - 5:30 p.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p><b>20</b></p> <p>Bagna Flow 1:00 - 2:30 p.m.</p> <p><b>Quick TRX</b> 4:15 - 4:45 p.m.</p>	<p><b>21</b></p> <p><b>Pilates Barre Class</b> 3:00 - 4:00 p.m.</p> <p>✓Knit and Nosh 4:00 p.m.</p> <p>Pilates Mat/TRX Fusion 6:45 - 7:45 p.m.</p> <p>✓<b>BodyJam</b> 7:15 p.m.</p>	<p><b>15</b></p> <p><i>Annual Open House in the Shop</i></p> <p>✓<i>Author Appearance</i> Let's Talk Books 1:00 p.m.</p> <p>Quick TRX 5:15 - 5:45 p.m.</p>	<p><b>16</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p>Merz Physical Therapy: <i>Protect Your Back</i> 1:00 - 2:00 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>17</b></p> <p>Quick TRX 7:15 - 7:45 a.m.</p> <p>Trunk Show in the Shop 9:30 a.m. - 6:00 p.m.</p> <p>✓TRX Open Doors 11:30 a.m.</p> <p>Marsh X with TRX 5:00 - 6:00 p.m.</p> <p><i>Pasta Night - 5:00 - 8:00 p.m.</i></p>	<p><b>18</b></p> <p>Trunk Show in the Shop 9:30 a.m. - 6:00 p.m.</p> <p><i>Happy Hour Music</i> 6:00 - 8:00 p.m.</p> <p><i>Fresh Catch Friday</i></p>	<p><b>19</b> Marsh X with TRX 8:00 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p><b>20</b></p> <p><b>Quick TRX</b> 4:15 - 4:45 p.m.</p>	<p><b>28</b></p> <p><b>Pilates Barre Class</b> 3:00 - 4:00 p.m.</p> <p>✓Knit and Nosh 4:00 p.m.</p> <p>Pilates Mat/TRX Fusion 6:45 - 7:45 p.m.</p> <p>✓<b>BodyJam</b> 7:15 p.m.</p>	<p><b>22</b></p> <p>Beginning Mat Series 10:30 - 11:30 a.m.</p> <p>Quick TRX 5:15 - 5:45 p.m.</p>	<p><b>23</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>24</b></p> <p><i>Thanksgiving Day Building Hours:</i> 7:00 a.m. - 3:00 p.m.</p> <p>Spa, Restaurant, Shop, and Kids Club Closed</p> <p> <i>Turkey Burner Classes</i></p>	<p><b>25</b></p> <p><i>Happy Hour Music</i> 6:00 - 8:00 p.m.</p> <p><i>Fresh Catch Friday</i></p>	<p><b>26</b> Marsh X with TRX 8:00 a.m.</p> <p>✓Pilates Open Door 11:00 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>
<p><b>27</b></p> <p><b>Quick TRX</b> 4:15 - 4:45 p.m.</p>	<p><b>29</b></p> <p>Beginning Mat Series 10:30 - 11:30 a.m.</p> <p>Quick TRX 5:15 - 5:45 p.m.</p>	<p><b>30</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>30</b></p> <p>Marsh X with TRX 9:15 - 10:15 a.m.</p> <p><i>Happy Hour Music</i> 6:00 - 7:00 p.m.</p>	<p><b>26</b> Marsh X with TRX 8:00 a.m.</p> <p>✓Pilates Open Door 11:00 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>	<p><b>26</b> Marsh X with TRX 8:00 a.m.</p> <p>✓Pilates Open Door 11:00 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>	<p><b>26</b> Marsh X with TRX 8:00 a.m.</p> <p>✓Pilates Open Door 11:00 a.m.</p> <p><i>Happy Hour Music</i> 5:00 - 7:00 p.m.</p> <p><i>Prime Rib Special</i></p>

### Upcoming Events...

- Mayo Clinic Physician Brent Bauer - December 1
- Intermediate/Advanced Pilates Mat Series - December 1
- Member Holiday Party - December 8
- Franklin Method - December 6



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- *Mayo Clinic Physician Brent Bauer*
- *NEW! Pre-Natal Pilates Mat Series*
- *Holiday Open House in the Shop*
- *New! TRX Open Doors*
- *Member "Show & Tell" Packets*
- *Biometrics Meal of the Day in the Restaurant*
- *Pre-Holidays Biometrics Group*
- *New! Yoga for Asthma and Allergies*



## Share The Marsh with a Friend... 12 Days of Fitness Passports

There is no better gift for a friend than the gift of your time - except perhaps time together exercising... The 12 Days of Fitness passport encourages participants to experience 12 different group exercise classes, and we have plenty of special classes on the schedule in December to keep you inspired!

- Pick up your passports and instructions for use between November 1 and December 15.
- Get stamps on your passport for classes you attend between December 1 - 31.
- To be eligible for prizes, turn your stamped passport (with 12 stamps) into the Front Desk by January 3, 2012.
- The drawing will be held on Wednesday, January 4 at 12:30 p.m.
- You do not have to be present to win.
- Winners' names will be posted at the Front Desk.

This passport is complimentary to members. You can purchase one for a non-member friend (or they can purchase their own) for \$35.

**New this year:** Get a complimentary passport to share with a non-member friend when you purchase a Marsh gift card for \$100 or more during the month of November.



## Annual Holiday Party

**Thursday, December 8  
5:00 - 8:00 p.m.**

Join us for festive food and good cheer, accented with music by **Benny Weinbeck**.

**Dinner Seatings:**  
5:45 and 6:30 p.m.

*Complimentary for members;  
\$10 for guests (limit one  
guest per member).  
Reservations: 952-935-2202*