MEMBER SPOTLIGHT: JAN COSKEY
Our Member Spotlight this month is Jan Coskey!
Here is what Jan has to say about the center: "As you walk into the Eccles Health and Wellness Center you see a wonderful quote on the wall. "WELLNESS: The conscious and deliberate process by which people are actively involved in enhancing their overall wellbeing, Intellectual, Physical, Social, Emotional and Spiritual. The Center has greatly contributed to my Wellness. I can swim, bike, lift weights and attend classes with my friends. I want to thank the Staff of Eccles Health and Wellness Center for making this a special place."
If you haven't heard, Jan is retiring! Come celebrate with Jan on Thursday, April 7 from 11:30am-1:30pm by playing PICKLEBALL in Payne Gymnasium!

NEW EQUIPMENT!
We have 4 BRAND NEW elliptical machines in the center! Come on over and give them a try!
SAND VOLLEYBALL TOURNAMENT
Our annual Sand Volleyball Tournament will be held on Friday, April 22 starting at Noon. Find a partner and register on www.imleagues.com by April 19. This is always a day of fun in the sun so be sure to sign up. Lunch and snacks will be provided! For more information visit our website.

GRiffin SPLASH & DASH TRiATHLON
The FIFTH Annual Griffin Splash & Dash Triathlon will be held on Saturday April 16 at Noon! If you don't want to compete in all 3 events (swim, bike, run) you can form a relay team! Cost is just $10 for individuals and $15 for relay teams and everyone who participates gets a t-shirt! This is a great chance to “try” a triathlon right on campus using the spin bikes, indoor pool and jogging/walking a loop around campus. Post-race snacks will be provided after the event. Visit our website for more details or to register.

YOga BASICS
The deadline for the next Yoga Basics class is Friday, April 8! This class is perfect for anyone who would like to begin a yoga practice or move deeper into their existing yoga practice. We will focus on the 8 limbs of yoga—including postures, breathing, meditation, chanting, etc. The teacher, Jacqueline Morasco, has been teaching yoga in SL for over ten years and has a special interest in making the practice as individualized as can be. She likes to take a gentle approach while strengthening and stretching the body, mind and breathe.
Cost: $70
Saturdays, April 9 - May 21, 9:30 - 11:00 AM, Eccles HWAC Studio
Register online today!

SUMMER OF INSANITY
For those of you who love INSANITY (or have been wanting to try it), you won’t want to miss our Summer of INSANITY this May. What it is: 4 weeks of high intensity interval training workouts that will help you reach your fitness goals. Class meets Tuesdays & Thursdays from 7-8am on the Elevated Playing Field. May 3 - June 2. Cost is $50 which will be refunded IN FULL if you attend every class. Even if you miss a class or two and don’t get your money back it’s still a great value!
Sign up at the Reception Desk in the Eccles Health, Wellness and Athletic Center or online today! A summer session will also be offered, dates TBD.
CRUSH SPECIAL EDITION
“Special Edition” CRUSH is back this summer! What makes it special? Class is only 30-40 minutes and the program includes FREE 1-on-1 nutrition counseling with Laura (if you choose) to help you reach your goals this summer! The workouts are only as intense as YOU make them. All fitness levels are encouraged to participate and get in on this fun and supportive community.
- Class will meet Mondays & Wednesdays from 5-5:30pm in the Eccles HWAC.
- May 2-June 1.
- Cost: $50 which will be refunded IN FULL if you attend all 9 classes.

Sign up at the Reception Desk in the Eccles Health Wellness & Athletic Center or online.

FAMILY NIGHT APRIL 15
Our next Family Night is Friday, April 15 from 6-9pm. During Family Night the Aquatic Center and Climbing Wall are open for all ages and family members get in for FREE!

FREE SELF DEFENSE CLASS
The Westminster Martial Arts Club will be offering a FREE one hour basic self defense class open to anyone at Westminster. Come and learn the basics of punching and kicking as well as self defense techniques like grabs and chokes. No experience needed!

Monday, April 11, 7:30-8:30PM. Eccles HWAC Studio.

GIRLS SPORTS & REC CAMP
Registration is open for our summer Girls Sports & Rec Camp! The camp is for girls ages 6-14 and will be held June 6-9 from 8:15am-Noon. An afternoon camp is also offered for those who want a full day option.

Westminster Employees receive special pricing with code: EMPLOYEEAM for the morning camp and EMPLOYEEPM for the afternoon camp.
Regular price is $145 for morning only and $265 for all day.
Employee price is $72.50 for morning only and $147.50 for all day.
For more details or to register your child visit our website.
CPR/AED/FIRST AID

This is your chance to get CPR certified for your summer job, summer camp or to renew. We will not be holding any more classes until fall so sign up now!

**ADULT AND CHILD CPR/AED/FIRST AID = $50.00**
Tuesday, May 24, 2016
6:00 - 9:30 pm

**ADULT AND CHILD CPR/AED/FIRST AID = $50.00**
Wednesday, May 25, 2016
5:30 - 8:30 pm

**CPR/AED/FIRST AID REVIEW CLASS = $25.00**
The review classes are for participants who have current Red Cross certification that is about to expire. American Red Cross Certification is needed for instructor verification in order to attend the class.
Tuesday, May 17
5 - 7 pm
Wednesday, May 18th
3 - 5 pm

**MAY & SUMMER GROUP EXERCISE SCHEDULE**
The May/Summer Group Exercise schedule is now online! Take a look and start planning your summer workout schedule now!

**PERFECT WEEKDAY LUNCH RECIPE**
How good does this Perfect Weekday Lunch Recipe Look?! Do you plan your meals in advance and pack snacks & lunch to take to work & class? We are big on meal planning over here and can't recommend it enough!