MEMBER SPOTLIGHT: Debbie McKinstry
Our Member Spotlight this month is Debbie McKinstry! Debbie is the Director of Advancement Services AND she is one of our original members from when we opened almost 10 years ago! Debbie attends several Group Exercise classes every week and has always been a very active member. Here is a little more about Debbie: Debbie joined Westminster in 2005 after relocating to Salt Lake City from Laramie, WY for her husband's position with the Bureau of Reclamation. Prior to Westminster she worked at the University of Wyoming in the Development Office for 13 years. She is originally from West Virginia but spent her youth growing up in Florida. Debbie has one son, Scott, and she and her family spend much of their free time doing multi-day raft trips on rivers in Idaho, Wyoming and Utah!

SPRING 2016 GROUP EXERCISE SCHEDULE
The Spring 2016 Group Exercise schedule is now available! There are many exciting changes on the schedule including the addition of MMA Fitness, more cycling & weekend classes and the return of HIP HOP!

WINTER BREAK HOURS
Winter Break is just around the corner! Are you ready?! Yeah...we thought so!
Visit our website for a detailed view of our hours over break.
December 12-January 10 the Eccles Health Wellness & Athletic Center will have special holiday hours:
Monday-Friday: 7am-7pm
Saturday & Sunday: 9am-2pm
Saturday 1/10 & Sunday 1/11: 9am-7pm
Note: The center will be CLOSED December 24-January 1 but will be open all other days.
The Aquatic Center & Climbing Wall will have limited hours, please check our website for the detailed calendar.
LEARN TO COPE WITH STRESS AND ANXIETY WORKSHOP
This time of year can be filled with stress and anxiety! We are offering a special workshop this Thursday & Friday ONLY on how to cope with stress & anxiety through specific movement, exercises and meditation with Rachelle Ballard, MS, RYT 500. In this workshop you will learn how to untangle anxiety by using skillful movements and meditation for everyday life.
December 3 & 4 from 5:45-7:00pm
Cost: $55 for Westminster students, staff, faculty & alumni & their family members. $75 for all others.
Thursday location: Eccles HWAC Room 353
Friday location: Eccles HWAC Studio
Minimum Number of Participants: 5
ONLINE REGISTRATION

PERSONAL TRAINING ON SALE
Personal Training is still 10% off through the end of the month! The best part is: you do not have to pay for packages all at once. We let you pay as you go which means you can take that 10% discount into 2016! View our rates and get in touch with one of our Personal Trainers today!

1 & 2 CREDIT CLASS OPTIONS
Attention Students! There is still a little time to sign up for a Human Performance & Wellness class for Spring 2016! Go to WebAdvisor and register before it's too late!
- Fitness for Life
- CPR/AED/First Aid
- Lifeguard Training
- Outdoor Leadership (section 2)
- Yoga Level 2
- Intro to Athletic Training
- Psychological Aspects of Well-Being
- Indoor Climbing
SLOW COOKER HEALTHY TURKEY LENTIL CHILI RECIPE

We know how hectic life is and that's why we are HUGE fans of slow cookers! And of course nothing sounds better in the winter than a nice warm bowl of chili!
Check out the recipe and tons of other slow-cooker recipes here.