PERSONAL TRAINING ON SALE
Let our Personal Trainers help you reach your health and fitness goals!
Receive 10% off Personal Training packages purchased now through Feb 28.
Packages do not need to be paid for up front, you can pay as you go!
Click here for pricing and to read about our nationally certified trainers.

CPR and FIRST AID CLASSES
It's that time again! Our CPR/AED and First Aid classes start this week. We will not be holding any more certification classes until summer so sign up for a class now!

Adult CPR/AED: Feb 5, 5:30-8:30pm
Adult & Pediatric CPR/AED: Feb 8, 4:00-7:30pm
First Aid: Feb 12, 5:30-7:30pm
CPR/AED for the Professional Rescuer: Feb 19, 5:30-9:30pm
CPR/AED Review classes: Feb 13, 5:30-7:30pm or Feb 8, 2:00-4:00pm
CPR/AED for the Professional Rescuer Review: Feb 21, 3:00-6:00pm

For complete details or to register visit our website.

LIFEGUARD CERTIFICATION COURSE
This course teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Upon successful completion of the requirements of the course the student will receive their American Red Cross Lifeguarding and First Aid certification along with their CPR/AED for Lifeguard certification. Register online HERE.

Course Prerequisite: The course prerequisites will be tested on the first day. In order to be eligible for American Red Cross Certification the Prerequisites must be passed. Minimum age to attend the class at Westminster College is 17 years of age.

- Cost: $160
- Thursday, March 7, 14, 21, 28, and April 4 and Saturday, March 9 and 16
- Thursdays, 6 - 10 pm and Saturdays, 9 am - 4 pm
YOGA BASICS SESSION 2

This is perfect for any one 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. Register online HERE.

- Cost: $70
- Saturdays, March 2 - April 20 (no class on April 6)
- 9:30 - 11:00 AM
- Location: Westminster College, Eccles Health Wellness, and Athletic Center Studio
- Drop-ins will be welcome after the minimum has been met: Drop In Rate: $12.00 per class
- Registration Deadline: March 1

HAPPY BIRTHDAY TO US!

Believe it or not, we are celebrating our 7th anniversary on Wednesday, February 6. Sorry, no birthday cake, just lots of opportunities to get your workout on!