

Wellness Center Quarterly

Member Wall of FAME

What are you doing in 2013?

Let us know your personal fitness accomplishments and we will highlight you on our **Member Wall of Fame!** Please contact Dana for submissions!

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Swim Lessons

Private

Six 30 minute lessons

Children ages 3—15

\$125.00 Members

\$140.00 Non-Members

Adults ages 16 & up

\$155.00 Members

\$180.00 Non-Members

Group

Five 45 minute lessons

2 students, 1 instructor

\$110.00 per child Member

\$125.00 per child Non-Member

3—5 students, 1 instructor

\$105.00 per child Member

\$115.00 per child Non-Member

THE WELLNESS CENTER

A service of The Medical Center of Central Georgia

MACON HEALTH CLUB

A service of The Medical Center of Central Georgia



www.facebook.com/thewellnesscentermacon

VISIT OUR WEBSITE

www.thewellnesscentermacon.com



First Flippers

Level 1: Ages 3 months—3 years

Six 45 minute lessons

3 consecutive weekends in April

Saturdays & Sundays

3:00-3:45 pm

April 6, 7, 13, 14, 20, 21

\$115.00 Members

\$130.00 Non-Members



Camp fun n' fit!

A Health & Fitness Summer Day Camp for Kids



Get ready for The Wellness Center/ Macon Health Club Kid's Camp 2013! The camp is designed for children ages 6-11 to get children up, out, and moving! This camp will be held at the Macon Health Club from June 3rd – June 28th from 9:00am – 4:00pm. Children will participate in various exercise and group fitness activities designed to get them off the couch and being in front of the TV and game systems! The cost is \$165.00 per child per week (includes field trips, snacks, classes, and supplies – does **not** include lunch. Registration forms can be printed out from our website under Special Programs/Kids Camp, picked up at The Wellness Center, or the Macon Health Club front desk.

6 Ways to Keep Your Kids Learning

1. Start your summer learning adventure by heading to your local library. Most libraries offer reading programs each summer that challenge your child to read. They may have flyers to help your child stay on track and reading suggestions divided by age group. Taking a weekly trip to the local library will be a great family activity to look forward to each week.
2. Instead of letting your child sit in front of video games all summer long, why not make the process educational? There are many educational computer games and games for video game systems that allow your child to have fun and can help them keep up to date with their basic skills at the same time. Keep in mind though, that too many computer games, educational or not, will reduce your child's activity level, so make sure to use video games in moderation.
3. Check out some free learning websites for kids. Three to try: funbrain.com, math.com and abcteach.com (which has printable worksheets). If your kids prefer online communities, try Webkinz.com, which requires the purchase of a Webkinz toy; ClubPenguin.com, which is geared for 6 to 14 year olds and is free to play but also has activities that required a paid membership; and WhyVille.net, a free online community for pre-teen and teen boys and girls.
4. Summer is a perfect time to discover summer camps with unique learning opportunities with field trips that will allow them to expand their mind around different culture and activities.
5. Allow each of your children to choose a comprehensive workbook that they can work on a bit each day. Some workbooks cover math, reading, social studies and science. You might want to work out an incentive program to make sure they get their worksheets done each day. For example, each worksheet equals one ticket. Once they reach five tickets, everyone is rewarded with a few hours at the pool or a run through the sprinklers.
6. Play some educational, age-appropriate games, such as Scrabble, Boggle or Chess.

Erika Turovsky, Intern

Middle Georgia State College

Expect the
Best...

And Get It!



TELL US YOUR SUGGESTIONS

Comment cards are located at the front desk at the Macon Health Club and Wellness Center. We would like to hear your comments and suggestions to continue to be the top fitness facility in middle Georgia!

Maymester with the Trainers

Experience each Trainer, one time, for 8 classes

May 2-30

Monday & Thursday 5:30 pm

FREE for Members; Non-members \$40

*Mother's Day
Sunday, May 12*



*Thank Your Mom This Mother's Day!
Buy her a massage gift certificate today.
Call (478)757-7808*

10% off
during
May

Pollen Pointers



During pollen season, your clothing and hair could be covered with pollen. So when you get home, it's not a bad idea to strip off your clothes and toss them in the laundry. You could also

take a shower to rinse off any allergens left on your skin or in your hair. This will also protect others in your family that may have allergies. To block pollen and other irritants from getting into your system during outdoor exercise, some people exercise with a mask or bandanna over their nose and mouth. Another trick is to wear goggles to protect your eyes from irritation from allergens.

Fun Fact! Tree pollens cause problems in early spring, while grass pollens strike in late spring and early summer. Weed pollens will cause flare-ups in late summer.

Southeast

Trees: January to May

Grasses: April to October

Weeds: June to October

Ashley Freeman, Intern

Middle Georgia State College

Robin Castro's Spring Fling Boot Camp



April 1st – April 25th
Members—\$60
Non-Members—\$72

If you want to be able to “rock those spring outfits with confidence” then come and join the Spring Fling Boot Camp instructed by Robin Castro every Monday, Wednesday, and Friday from 5:30 – 6:15 a.m. This boot camp is an all NEW indoor/outdoor camp which involves thorough strength and conditioning workouts to take your fitness goals to the ultimate level!!

Healthy and Hydrated: The Importance of Staying Hydrated During Exercise

Staying hydrated during daily activity is important, but staying hydrated during exercise is vital! The longer you exercise, the more fluids you need to consume, such as water and sport drinks. Try to avoid soft drinks. Dehydration can easily occur if you're not careful. The symptoms of dehydration are weakness, dizziness, dry mouth and even confusion. If you do feel dehydrated, get some fluids in you immediately to avoid heat exhaustion and maybe even a heat stroke. Studies show that after you exercise, you should drink approximately 22 fl oz. for every pound lost. Overall just stay hydrated during and after your workout and you can't go wrong!

Wes Hardy, Intern

Middle Georgia State College