

Wellness Center Quarterly

New Online Schedule



INSIDE THIS ISSUE:

Dave's Boot Camp	2
Heart Walk Luncheon	2
Walk Georgia	2
Safe Alone	3
Going Green	4
Interns of the Summer	4
Fit Test 2013	5
Car Wash	5

The Wellness Center website introduces a new group fitness schedule. Go to www.thewellnesscentermacon.com and click, CALENDAR. The new schedule is shown by week, with descriptions and room locations. The calendar shows events at both The Wellness Center and the Macon Health Club. The paper schedule will still be available for pick up at The Wellness Center. If you are not a friend on Facebook, please LIKE US. At any time, you can see special classes, additions, cancellations, promotions and pictures such as the ones we took from our Kid's Camp last month. For any questions and suggestions regarding the group fitness schedule please email senecker.lisa@mccg.org. Thank you for staying healthy with us!

SWIM STROKE CLASS

Can you swim all 4 Basic Strokes?

This class will focus on the four basic swim strokes:

Freestyle, Backstroke, Breaststroke, & Butterfly



Begin Date: August 1st

Thursdays

6:00a.m. – 6:45a.m.

***You need to already know how to swim 25 yards**

If you need swim lessons, please ask the front desk staff for more information

Special points of interest:

- Couponing Workshop
- Coffee Bar
- Enhancement Fees at Work
- Special Recipe

DAVE'S BACK TO SCHOOL BOOT CAMP



Prepare to
be
Schooled!!!

September 5th – 30th

Mondays & Thursdays

5:30pm – 6:15pm

Saturdays

8:00am-8:45am

The Wellness Center

\$60 Members

\$72 Non-Members



Register at: www.walkgeorgia.org

Registration: September 1 – October 9

Program Dates: September 1 – November 23

Goals of Participants:

- To get fit
- Develop the Habit of Regular Physical Activity
- Get Support from others who are also interested in moving more
- Have FUN!

YOU ARE INVITED TO A LUNCH and
LEARN LUNCHEON!!!

TOPIC: RISK REDUCTION AND
CARDIOVASCULAR HEALTH

SPEAKER: DR. MARK DOROGY (BOARD
CERTIFIED CARDIOLOGIST)

Sponsored BY: GILEAD SCIENCES

WHEN: SEPTEMBER 6TH @ 12:30 - 1:30

WHERE: WELLNESS CENTER CLASSROOM

RSVP at The Front Desk

(Minimum \$5.00 donation required)



Safe Alone, Inc No One Should Be Afraid To Be Alone

Learn effective techniques and feel empowered by simple tactics that can save your life.

Please call Golden Opportunities to register (757-7817)

**Thursday, August 15, 2013
1:00p.m.–2:00p.m.**

**Free: Golden Opportunities members
\$5.00: non-members**

Couponing Workshop Savings Sense

Savings Sense is a **FREE** workshop taught by Rachael Mercer, an expert couponer from the Middle Georgia area. Rachael will teach you everything you need to know to “**use your sense to save more cents!**”

Thursday, September 19, 2013

1:00p.m.–3:00p.m.

Please Call Golden Opportunities (757-7817) to register or register online at:
<http://thewellnesscenter.eventbrite.com>

W
E

H
E
A
R
D

Y
O
U

Try our NEW Coffee Bar

\$1.25

- Decaff
- Regular
- Hot Chocolate
- Flavored Teas

(Located in the vending area)



Summer Interns at The Wellness Center

These interns spent most of their summer here at The Wellness Center and the Macon Health Club helping out with Camp Fun n' Fit.

All of them will be graduating this summer upon the completion of their internships.



Holden Lyles
Health Education
Georgia College



Kayla Adams
Exercise Physiology
Valdosta State



Mande-Kan Mendes
Health Education
Georgia Southern



Talmadge Irvin
Exercise Physiology
Valdosta State



Anna Evert
Exercise Science
Georgia College

\$ Your Enhancement \$ Fee Dollars at Work

\$ Fitness Area \$

- 4 Life Fitness Ellipticals with TV
- 1 Quinton Treadmill
- 1 Life Fitness Treadmill with TV
- Dumbbells and Dumbbell Rack
- 2 Wobble Boards

\$ Pool \$

- 2 New Kickboard Equipment Holders
- 30 New Pairs of Water Dumbbells
- Extra Noodle Holder
- New Lap Counters

Going Green

The Wellness Center is converting from wipes to disinfectant spray to cleanse equipment after each use.

This will reduce the waste generated and be better for the environment

Tough on pathogens not on people



Look for new disinfectant spray

Car Wash

To benefit the
Heart Walk



At The Wellness Center!

Friday, August 23rd

9:00 AM – 4:00 PM

Friday, September 20th

9:00 AM – 4:00 PM



Purchase your ticket today!

Fit Test 2013

Challenge Yourself!

Challenge Your Friends!

August 5-16th

**\$1.00 Donation – All proceeds benefit
the American Heart Association**



- Test will be broken down by age and gender
- Test will consist of 5 exercises: 12 minute run, Timed 2500 Meter Row, 1 minute count of push-ups, sit-ups, and pull-ups/lat pulldown
- Tests will be graded on points system
- Everyone above 13 years old is eligible

See a Trainer to Sign Up!

THE
WELLNESS CENTER
A service of The Medical Center of Central Georgia



www.facebook.com/thewellnesscentermacon



www.thewellnesscentermacon.com

