

July 2015

club beat *a Community News Flash*

EMPLOYEE OF THE MONTH

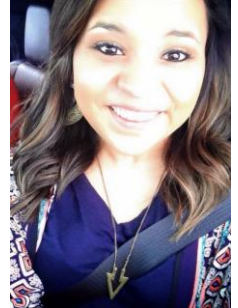
Please join us in congratulating Lindsey Sevier as our Employee of the Month for June. Lindsey works at the Front Desk and in the Health Club Nursery.

VERSASPA JULY 4TH SUNLESS TANNING SPECIAL

Take **\$10 off** any VersaSpa sunless tanning package or single tanning session. No appointment necessary cannot be combined with any other coupons or discounts. Offer good now through **Friday, July 3rd**.

COMMUNITY HEALTH CLUB ADDS NEW PROGRAM: SH'BAM™

The Health Club is excited to offer a new Les Mills group exercise class called "SH'BAM™!" SH'BAM™ is an insanely addictive, 45-minute dance workout involving simple dance moves. SH'BAM™ is an ego-free zone – no dance experience required. SH'BAM™ class times are: Mondays (7:30pm), Tuesdays (8:45am), Thursdays (6:30pm) and Saturdays (10:00am on the court).



WALK WITH A DOC PROGRAM

Put your walking shoes on and take a big step toward better health. Join us at our "Walk with a Doc" program on **Wednesday, July 1 & July 15**, from 5:30pm – 6:30pm, at Kid's Kingdom Park. This is a free opportunity to meet with a physician for an open discussion about health matters, followed by a one- or two-mile walk. These walks are held on the 1st and 3rd Wednesdays of each month.

SH'BAM 1940's USO DAPPER DANCE LAUNCH

Join us for a night of sweat and fun at our "1940's Dapper Dance Launch," to be held on **Monday July 13**, at 7:30pm. Come dressed in your 1940's best! New music and brand new choreography! This will also be a FUNDRAISER to support the USO (a nonprofit organization that provides programs, services and live entertainment to U.S. troops and their families). We will be accepting donations for the USO on the night of the launch to go to supporting our military, their families and the troops abroad!

COMMUNITY HEALTH CLUB WINS AWARD

Community Health Club was recently named the 2015 *Standard Times* Readers Choice Award winner for "Best Fitness Center" in San Angelo. The Health Club has achieved this award for the past 7 consecutive years. The Readers' Choice Awards recognize area businesses that are voted the best in their category by Standard Times readers. Congratulations to all the staff at the Health Club for their continued success and achievements!

KORU JUICE – NEW SUMMER HOURS

KORU JUICE, located inside Community Health Club, has new summer hours. Summer hours are as follows: Monday – Thursday (7am – 8pm), Friday (7am – 6pm), Saturday (9am – 2pm), Sunday (closed). KORU JUICE is a full service Juice Bar serving smoothies, juices, shakes, shots of wheatgrass, cactus and aloe vera, and veggie and fruit cups. Great for a healthy meal replacement, post workout or mid -day snack.

NEW MEMBER ORIENTATION CLASSES

Join us on Saturday mornings at 10:00am for our "New Member Orientation Class." This class is available to new members or any member who would like more details about Community Health Club. One of our fitness instructors will take you on a tour of our cardio and weight equipment to give you more information on how to use them. We will also go over the Group Exercise Schedule to help you find classes to fit your needs. There is a sign-up sheet at the front desk to sign up for this class. Please sign up no later than the Friday before. Please meet at the front desk for the class.

GROUP EXERCISE CLASS POLICY

Cell phones are allowed in classes, but please refrain from using them unless absolutely necessary as it distracts the instructor and fellow class members. Please turn sound down or off. If you have to take a call, please step outside the class if at all possible.

EXPANDED SUMMER "KIDS SWIM" TIMES

We have expanded our "Kid's Swim Times" for the summer months by adding "Kid's Swim" Monday through Friday, from 2:00 p.m. – 4:00 p.m. These added Kid's Swim times will be in effect until **August 21, 2015**.

CLUBBEAT is a publication for members of Community Health Club.
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