

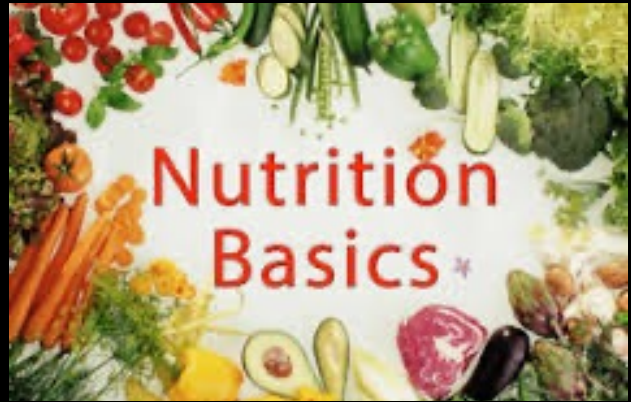
SATURDAY WORKSHOPS

@ Whetstone



JANUARY 21

12:15 – 1:15pm



Presented by Sara Tips

Making small, simple changes to your overall eating habits can help you and your family feel better and stay healthier. You won't likely hear anything you haven't heard before, but you may be motivated to try one or two of the things presented and you may also find a like-minded accountability buddy! We will have time to connect and share things that work for us.



*** For Newbies
and Seasoned
Pumpers alike!**

JANUARY 28

12:15 – 1:15pm

Curious about the top 5 moves most often done incorrectly? Want your technique checked? We will give you personal feedback and practice time to help you learn to lift and move safely and more effectively.

LES MILLS BODYPUMP TECHNIQUE



Facilitated by Sara, Renee-Michelle, and Cindy

[More About BODYPUMP](#)



Have a Foam Roller? Please bring it.

STRETCHING

&

Foam Rolling

Facilitated by Sara Tips

FEBRUARY 4

12:15 – 1:15pm

Part of taking care of yourself is recovery. Your body works hard for you every day. Learn how to give back and relieve aching muscles and improve your flexibility. Add some stretching and/or foam-rolling into your routine. In front of the TV, before you go to sleep each night, at work when you take a break from sitting... Every little bit helps. Come learn some simple stretches and techniques to keep you feeling good. Your body will thank you.



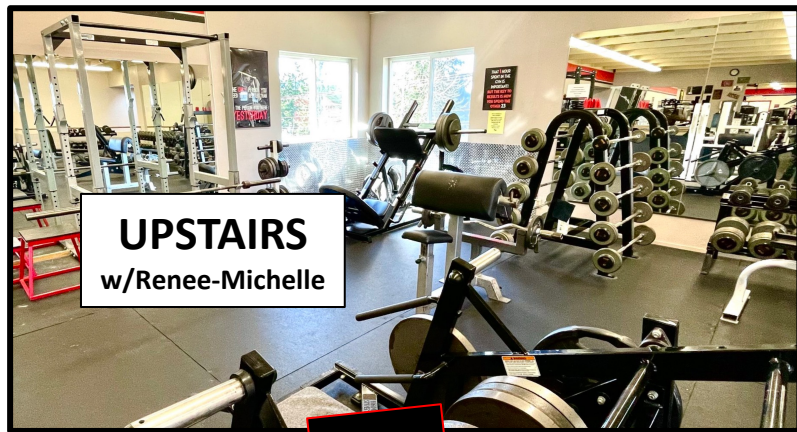
FEBRUARY 11

12:15 – 1:15pm



ORIENTATIONS

Do you ONLY go to Group Fitness Classes or ONLY ever go Upstairs to workout? Want to know more about the 'other half' of Whetstone? Learn more so you can take advantage of using our entire space! We promise, neither space is scary.



UPSTAIRS
w/Renee-Michelle

OR



GROUP FITNESS
w/Sara



FEBRUARY 18

12:15 – 1:15pm

Come meet Donnie, the owner of our awesome, locally-owned fitness club, an International Champion, and all-around great human being! He will share a little bit about how he got started in fitness and has kept it up for almost 50 years, the decision to start his own business and more. There will be time for some Q&A at the end.

MEET



DONNIE WHETSTONE



FEBRUARY 25

12:15 – 1:15pm

We all know how important it is to stay active and strong as we age, especially to avoid falls. Working on balance and strength are lifelong endeavors for great quality of life. Join Cindy to learn what you can do at the gym and at home to build better strength and balance, and to help maintain them.



*Presented by Cindy Sundem,
Personal Trainer and Group
Fitness Instructor*

