



# VILLAGE C.A.R.E.S. FITNESS CENTRE

"More Than A Gym" Call 780-586-2226

## NEWSLETTER - MAY 2010

### Member of the Month

Congratulations to **Patti Fontaine**, voted Member of the Month for May. Over the past few months Patti has been exercising diligently and consistently and her hard work paid off. She was able to fit into her wedding dress after 35 years of marriage and surprise her husband on their wedding anniversary. Great job -- and Happy Anniversary to you both!

### Monday Massages

With the addition of Trista Dauvin, RMT, to our staff, we are pleased to offer day and evening appointments on **Mondays from 10 am to 8 pm**. Trista will also be available one Saturday per month.

### Bellyfit

*High energy aerobics fused with Bellydance, African dance, Bollywood & Bhangra. Pilates infused core and yoga infused stretch. Ancient wisdom meets modern fitness. All in one transformational hour.*

Bellyfit classes are being offered once again by Amber in May! Classes will be held in the banquet room at the Village Creek Restaurant and Lounge. Please wear comfortable workout clothing, and bring clean indoor gym shoes, water, and a yoga mat. Please arrive early so classes can start on time!

**Six weeks: May 18-June 24**

**Tuesday & Thursday mornings - 9:00 to 10:00 am**

**Tuesday & Thursday evenings - 6:30 to 7:30 pm**

\$15/drop-in, or \$10/class if 6-week session is prepaid.

Visit [www.bellyfit.ca](http://www.bellyfit.ca) or call the gym for more details.

### Membership Options

Village C.A.R.E.S is very pleased to announce another convenient membership option. Punch cards are now available. Pay for 9 work-outs and get the 10<sup>th</sup> **free!** Makes a great gift!

### Biggest Loser Contest

Congratulations to **Pat Paradis** who lost 11.18% of her starting weight to win \$425.00! Honourable mention goes to **Don Harink**, a member of Village C.A.R.E.S. Fitness Centre, who came in a close second, losing 10.12% of his starting weight.

Total weight lost by all participants is 100.8 pounds. Village C.A.R.E.S. Fitness Centre will be matching the winnings with a donation of \$425.00 to Bosom Buddies Charity.

**GREAT JOB EVERYONE!**

### Tanning

Summer is almost upon us - look your best with a fabulous tan! Whether you're gearing up for graduation, weddings, or lazy days on the beach, we have a variety of tanning packages and indoor tanning accelerators and moisturizers to suit your needs.

