



WE **LOVE** OUR SPORTS HUB FITNESS MEMBERS!

In February, we celebrate American Heart Month and Valentine's Day! To get in the spirit, we are declaring our LOVE for the Fitness Center Members. We'll be featuring exciting activities all month long!

Don't Miss a *Beat On Heart Healthy Facts*

Check out the Fitness Center bulletin board for information on keeping a healthier heart and see upcoming fitness opportunities throughout February. Follow us on Instagram (@ghsportshub) for weekly motivation and other updates!

Schedule a "Date" with the Personal Trainer, Brandon!

We will choose one lucky winner each week for a free training session with Brandon, certified personal trainer. Each time you check in to work out, you qualify for the weekly drawing. The more times you check in, the better your chances at scoring a free session, a \$35 value.

Bring A Guest Who Will Fall In Love With Fitness

Members can bring a guest for a "fitness date" during the week of 2/4-2/10. Members can also bring a guest on February 2nd, February 17th, and February 23rd. All guests must check in at front desk.

Free Classes!

Squeeze in an extra sweat session or try out a new class this month! (Members only)

- Fitness 101 with Gina in Studio 2 – February 21 6:15-7:00 pm
- Gentle Yoga with Jennifer in Studio 2 – February 26th 6:00-7:00 pm

Valentine's Day Surprise

Don't skip the gym on Valentine's Day (2/14)! We'll have a special surprise for you when you check in (while supplies last).

Screening

AMITA Health will offer a free screening on a health-related topic. Date/Topic to be announced!

Treadmill 5K Race

Current members can run a "Treadmill 5k" for the best time! Schedule an hour block to clock your time on 2/22 (5 pm to 9 pm) or 2/24 (8 am to 12 pm) on the treadmill to see which member has the fastest time. We will offer different age divisions. Competitors will receive a t-shirt and a certificate. First place in each category gets a medal. Must be a current member to compete. Members compete for free. To register, check in at the Sports Hub front desk.

