



RICHARD E. WORKMAN
Sports & Wellness
Complex

AQUA TIDINGS



August - 2017

Upcoming Events

Be on the look out for
mid-month schedule
changes in August

STAY INFORMED

For the latest information on:

- holiday hours/classes
- class cancellations
- schedule changes
- upcoming events

download the App

[*Workman Sports Complex*](#)

from the App store on mobile devices & smart phones.

also-

Be sure to check out the fliers posted on the entry doors and throughout the complex.

and-

connect with us on Face book

We want to hear from you

To inspire our readers we would like to feature your story in one of our upcoming newsletters. Please share a personal story depicting the positive effects our aquatic classes have had in your life. These stories can be turned in to :

Nancy West

Kelly Schottman

This Month's Featured Class: Aqua Tai-Chi

Our Tuesday and Thursday morning Aqua Tai-Chi class is one of the most popular classes. This class is taught by Nancy West, who gives step by step instruction allowing for participants to set his/her level and pace. The quiet, calm, and relaxing atmosphere will help the participant tune in to their own body and help relieve pain, stiffness, while improving both mobility and balance. This class is for everyone. Aqua Tai-Chi has been found to be very effective for arthritis, fibromyalgia, and cancer patients. It's a class that is sure to improve the body, mind and overall well-being. This class is offered every Tuesday and Thursday morning from 9:00am to 10:00am. Come and let the warm water work its wonders.



Be sure to try out all of the aqua classes!

Food for thought...

What are you eating? Be sure to eat simple, REAL FOOD. What is REAL FOOD you ask....anything that is whole, fresh & unprocessed. From the field to your fork is the best choice. Create a masterpiece on your plate by adding a variety of colored fruits and veggies. This month's challenge is to try one new fruit or veggie. Let me know what you think about it. More to come from Kelly Schottman, a licensed Plate by Zumba coach.



Our Aqua Instructors:

Tara Beard - Aqua Blast

Gigi Behl - Sub

Michelle Boatman - Aqua Fitness & Deep Water

Annette Donaldson - Aqua Fitness

Kay Foreman - Sub

Karen Henkelman - Sub

Kelly Schottman - Aqua Zumba

Nancy West - Aqua Tai-Chi, Sensitive Points

