




FEBRUARY 2019

CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>February is Heart Health Month</p> <p>Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.</p> <p> **Participate in the Cardio Heart Challenge Feb. 1-28. Complete 30 minutes of cardio exercise to earn hearts. Earn 12 hearts for a complimentary guest pass. Participate by filling out a form in the binder outside of the FTC.**</p>					<p>1 Kids Core Storytime with Jake 9am</p> <p>Tiny Dancers \$ 10:15-10:45am</p> <p>Pickleball Open Play \$ 12-2pm</p> <p>National Wear Red Day in support of heart health</p>	<p>2 Grandparents Weekend</p> <p>Junior Tennis Club Championships \$</p> <p>YOTL Om & Beats at The American Club \$ 5-8pm</p>
<p>3 Grandparents Weekend</p> <p>Junior Tennis Club Championships</p> <p>Energy in Motion -F/I/T Event Series \$ (Through Feb. 5)</p>	<p>4</p>	<p>5</p> <p>Youth Bootcamp \$ 4:30pm</p> <p>Member Guest Day Half-price guest fees</p>	<p>6</p> <p>Kids Motion Tennis \$ 9:30-10:30am (Moms in Motion: 9:15am BODYPUMP)</p>	<p>7</p>	<p>8 Kids Core Storytime with Jake 9am</p> <p>Tiny Dancers \$ 10:15-10:45am</p> <p>Pickleball Open Play \$ 12-2pm</p> <p>Kids Night Out Swim \$ 5-9pm</p>	<p>9</p> <p>Ski Trip to Little Switzerland \$ 11am-7pm</p>
<p>10</p>	<p>11</p> <p>Monday Movie Night in Kids Core \$ 5:30-7:30pm</p>	<p>12</p> <p>Youth Bootcamp \$ 4:30pm</p>	<p>13</p>	<p>14</p>	<p>15 Storytime w/ Jake 9am</p> <p>Last Week of Tiny Dancers \$ 10:15-10:45am</p> <p>Pickleball Open Play \$ 12-2pm</p> <p>Valentine's Slumber Party \$ 5pm Dropoff</p> <p>Adult Tennis Mixer \$ 6-8p</p>	<p>16 Grandparents Weekend</p> <p>Valentine's Slumber Party 8am Pickup</p>
<p>17 Grandparents Weekend</p>	<p>18</p> <p>Presidents' Day</p>	<p>19</p> <p>Youth Bootcamp Session Begins (through April 2nd w/ no class on March 26) \$ 4:30pm</p>	<p>20</p> <p>Fireside Chat w/ Member Services (Wine & Cheese) 5-6:30pm</p>	<p>21</p> <p>Member Guest Day Half-price guest fees</p>	<p>22</p> <p>Kids Core Storytime with Jake 9am</p> <p>Pickleball Open Play \$ 12-2pm</p> <p>TGIF FUN \$ 5:30-7:30pm</p>	<p>23</p> <p>State Combo Tennis Championship \$ (Kate Carroll)</p>
<p>24</p> <p>State Combo Tennis Championship (Kate Carroll)</p> <p>Barre Fight Spa Night (with Kohler Waters Spa) \$, 4-8pm</p>	<p>25</p> <p>Enroll in Tennis Session II this week. Classes begin March 4</p>	<p>26</p> <p>Youth Bootcamp \$ 4:30pm</p>	<p>27</p> <p>Winter Swim Lessons Conclude</p>	<p>28</p>	<p> @KohlerSportsCore</p> <p> /SportsCore</p>	



BLUE = TENNIS EVENT ORANGE = KIDS CORE GREEN = FITNESS SOCIAL PURPLE = COMPLIMENTARY EVENT

\$ Fees Apply, ask a Reception Desk associate for details.



MARCH 2019

CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mt. Everest Climb: A Jacob's Ladder Challenge March 1-31, challenge yourself to climbing to the summit of Mt. Everest (and conquer other monumental climbs along the way). "Climb to the top" on Jacob's Ladder and receive a Take 5 Gift Certificate. Participate by tracking your climb in the binder outside of the Fitness Training Center. (Participants receive a guest pass)</p>	<p>SPORTS CORE AND PREVEA HEALTH ARE EXCITED TO LAUNCH ROCK STEADY BOXING IN MARCH The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back. Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. Interested? Know someone with Parkinson's disease who may be interested in learning more? Contact Fitness Manager Jacob.Frias@Kohler.com</p>		<p>1 Kids Core Storytime with Jake 9am Pickleball Open Play \$ 12-2pm Membership Referral Promotion: <i>Your Chance to Win a Lodge Kohler Experience (through Mar. 31)</i></p>		<p>2 Grandparents Weekend Kids Day Out \$ 12-4p</p>	
<p>3 Grandparents Weekend</p>	<p>4 Member Guest Day Half-price guest fees Tennis Session II Begins</p>	<p>5 Youth Bootcamp \$ 4:30pm</p>	<p>6</p>	<p>7 Anew - Bridge to Wellness 4:30-6:30pm, through 5/23</p>	<p>8 Kids Core Storytime with Jake 9am Pickleball Open Play \$ 12-2pm Kids Night Out Swim \$ 5-9pm</p>	<p>9 Family Challenge Cup Tennis Tournament (To benefit SCTA) \$ 8:30am-12:30pm</p>
<p>10 Culture Zen - F/I/T Event Series \$ (Through Mar 12) Daylight Savings Time Begins</p>	<p>11</p>	<p>12 Youth Bootcamp \$ 4:30pm</p>	<p>13 Kids Motion (Dr. Suess Celebration) \$ 9:30-10:30am (Moms in Motion)</p>	<p>14</p>	<p>15 Kids Core Storytime with Jake 9am Pickleball Open Play \$ 12-2pm Last Day to Register for Healthier U (10 Week Program)</p>	<p>16 Grandparents Weekend Princess Spa Day in Kids Core \$ 1-5p</p>
<p>17 Grandparents Weekend St. Patrick's Day</p>	<p>18 Fireside Chat w/ Member Services 7:30am</p>	<p>19 Youth Bootcamp \$ 4:30pm</p>	<p>20</p>	<p>21</p>	<p>22 Kids Core Storytime with Jake 9am Pickleball Open Play \$ 12-2pm TGIF FUN \$ 5:30-7:30pm Aqua Zumba Social \$ 6-7pm</p>	<p>23</p>
<p>24</p>	<p>25 Kids Core Spring Break Camp \$ 9a-4p No Swim Lessons this week.</p>	<p>26 Kids Core Spring Break Camp \$ 9a-4p Youth Bootcamp Canceled</p>	<p>27 Kids Core Spring Break Camp \$ 9a-4p</p>	<p>28 Kids Core Spring Break Camp \$ 9a-4p</p>	<p>29 Member Guest Day Half-price guest fees</p>	<p>30</p>
<p>31</p>	<p>Membership Referral Promotion: March 1-31 For each new member you successfully refer, you'll be entered to win a Lodge Kohler Experience. Experience Includes: One Night Stay in a Lodge Kohler Suite Two Kohler Waters Spa Services at Lodge Kohler \$150 Gift Card to Dine at Leaps and Bounds Café or Taverne in the Sky</p>			<p> @KohlerSportsCore  /SportsCore</p>		

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