SWIM LESSONS

Swim lessons are non-refundable and offered to full-time members only.

Register in the office located on the pool deck starting April 8. Fees are \$50 for the first child, \$40 per additional child. For more information, call 615-7640.

Monday & Wednesday Classes May 6 - May 31

Preschool 3:30 - 4 p.m. Level 1 4 - 4:50 p.m.

Tuesday & Thursday Classes May 7 - May 30

Preschool 3:30 - 4 p.m. Level 1 4 - 4:50 p.m. Level 3 4 - 4:50 p.m. Level 2 5 - 5:50 p.m. Level 4 5 - 5:50 p.m. Adult 6 - 6:45 p.m.

Lessons will not be held on Monday, May 27.

Interested in Saturday lessons?

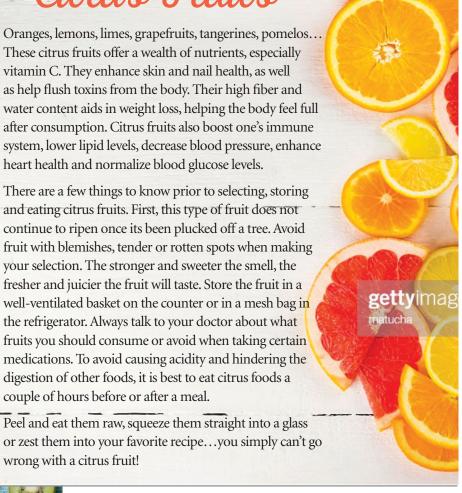
Stop in the pool office and talk to a lifeguard about upcoming classes.

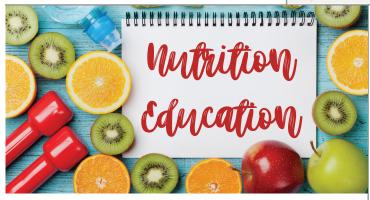


These citrus fruits offer a wealth of nutrients, especially vitamin C. They enhance skin and nail health, as well as help flush toxins from the body. Their high fiber and water content aids in weight loss, helping the body feel full after consumption. Citrus fruits also boost one's immune system, lower lipid levels, decrease blood pressure, enhance heart health and normalize blood glucose levels.

and eating citrus fruits. First, this type of fruit does not continue to ripen once its been plucked off a tree. Avoid fruit with blemishes, tender or rotten spots when making your selection. The stronger and sweeter the smell, the fresher and juicier the fruit will taste. Store the fruit in a well-ventilated basket on the counter or in a mesh bag in the refrigerator. Always talk to your doctor about what fruits you should consume or avoid when taking certain medications. To avoid causing acidity and hindering the digestion of other foods, it is best to eat citrus foods a couple of hours before or after a meal.

Peel and eat them raw, squeeze them straight into a glass wrong with a citrus fruit!





Classes are held in Classroom C and are free to HealthPlex members. For more information, contact Kayla Steffan, R.D., at 615-6778 or ksteffan@capefearvalley.com.

All About Garlic • Tuesday, April 9 • 5:30 p.m. Learn about the health benefits of garlic and sample some foods seasoned with garlic!

Delicious Citrus • Wednesday, April 17 • 6 p.m. Add some "zing" to your favorite dishes and desserts with citrus fruits. Recipes will be available.

Managing Stress With Diet • Tuesday, April 23 • 5 p.m. Join the dietitian for an educational session on how to manage your stress with diet. Kayla Steffan, R.D., will talk about the effect our diet has on our physical and mental well-being.

Member in the Spotlight: **Jerimiah Evans**

Tired of his current weight and ready to kick his smoking habit to the curb, Jerimiah Evans, 37, decided to join HealthPlex and change his ways.

Evans started slowly with ten minutes of cardio at a time just over a year ago. Each month he found himself lengthening his workouts and seeing pounds drop off.

Now, Evans is 30 pounds lighter, has lower blood pressure than when we started and is no longer a smoker. He works out five days a week, tracks his calories and eats healthy to maintain his weight loss.

Overall Evans feels so much better and wants to keep up that momentum.

Evans encourages others to start slow, push a little more each week and gradually set new personal goals.

"Always do it for yourself and your family. You are the one that holds the key for success," says Evan.

"Pushing yourself now will open new doors in the future."

Health Plex HAPPENINGS

Get in Shape....
While
Cleaning!

Like any physical activity, doing chores burns calories and strengthens muscles. On average, one can easily burn around 125 calories when performing chores for thirty minutes. Increase your caloric burn by using the stairs, carrying items in and out of numerous rooms and taking big steps while performing tasks. Although even the best calorie-burning chores cannot take the place of strenuous exercise, remember that every bit of activity helps!

Along with the physical fitness benefits, there are psychological benefits that can be gained from spring cleaning. Taking pride in a house you cleaned from top to bottom or looking out at a beautiful yard that you landscaped can bring on feelings of self-satisfaction. Living in a tidier and more organized environment can relieve stress, lesson anxiety and improve productivity. Even your quality of sleep can improve by resting on freshly cleaned, allergenfree sheets as a result of your spring cleaning efforts.

following tips.

There's more to cleaning than what meets the eye. Make the most of your spring cleaning by turning your chores into workouts with the

- Increase your strength...put a little more muscle into your vacuuming and use your legs, not just your arms and shoulders.
- Increase your pace as you move around the house (listen to music that has a fast tempo to keep you motivated as you clean).
- Tighten your abdominal muscles as you clean.
- Stretch whenever possible, reaching up as high as you can before using a step ladder to enhance your flexibility.
 - Perform walking lunges as you move around the house, yard, garden, etc.
 - Face forward and twist as you clean dishes, engaging your oblique muscles.
 - · Squat while doing activities such as pouring fertilizer, using good form.

Holiday Hours

HealthPlex will be closed on Sunday, April 21 for Easter. Normal operating hours will resume on Monday, April

www.HealthPlexOnline.com

Find Us on Social Media

Connect with the HealthPlex on Facebook and Instagram. We post important information and class schedules here so be sure to "Like" us!

Birthday Smoothie

Get a free smoothie of your choice for your birthday! Stop by the juice bar during your birthday month for this offer (expires six months past your birthday).

Smoothie Special

Half-priced protein smoothies are available from 6:30-8:30 a.m. and 7-9 p.m. on Tuesdays and Thursdays. Flavors include strawberry, banana, pina colada, peach, mango, chocolate and vanilla.

Small Group Training (SGT)

Join a Small Group Training session to burn calories, sculpt your muscles and work out in a fun, motivating environment! Sessions cost \$35 for eight workouts.

SGT Sessions

Tuesdays and Thursdays 8:30 to 9:30 a.m. and 6 to 7 p.m.



Mon. - Thurs., 5 a.m. - 10 p.m. Friday, 5 a.m. - 9 p.m. Saturday, 7 a.m. - 7 p.m. Sunday, 11 a.m. - 6 p.m.

PLAY CENTER HOURS

Mon. - Fri., 8 a.m. - 8:15 p.m Saturday, 8:45 a.m. - 1 p.m. Sunday, noon - 4 p.m.

HealthPlex CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM			Bodypump® (FS)	RPM Cycling (CS)	Bodypump® (FS)		
6:00 AM		Zumba® (FS)	Group Cycling(CS)	Zumba® (FS)	Group Cycling(CS)	H.E.A.T.(FS)	
		Sunrise Yoga (MP)		Sunrise Yoga (MP)			
7:00 AM		Stretch & Breathe (MP)		Stretch & Breathe (MP)		Stretch & Breathe (MP)	
8:00 AM		Hatha Yoga (MP)		Hatha Yoga (MP)		Hatha Yoga (MP)	Group Cycling (CS)
8:30 AM		Step Challenge (FS)	Bodypump® (FS)	Barre Essentials (FS)	Bodypump® (FS)	Step Challenge (FS)	
		RPM Cycling (CS)	Seniors Yoga (MP)	RPM Cycling(CS)	Seniors Yoga (MP)	RPM Cycling (CS)	
		Hydro Power (P)	Deep Water Fitness (P)	Hydro Power (P)	Deep Water Fitness (P)	Hydro Power (P)	
		Tai Chi For Arthritis (CA)	Cycle Jam (CS)	Tai Chi For Arthritis (CA)	Cycle Jam(CS)		
				Barre Essentials (FS)			
9:00 AM		Pilates (MP)		Pilates (MP)		Senior Yoga (MP)	Hydro Power (P)
9:15 AM							Bodypump® (FS)
9:30 AM		Cardio Kickboxing (FS)	RPM Cycling (CS)	Dance Fitness (FS)	RPM Cycling (CS)	Zumba (FS)	
		Core Essentials (CA)	Core Essentials (CA)	Core Essentials (CA)	Core Essentials (CA)		
			Tai Chi (MP)		Tai Chi (MP)		
10:00 AM		Power Yoga (CA)	Dance Fitness (FS)	Power Yoga (CA)	Dance Fitness (FS)	Chair Aerobics (MP)	
		Hydro Power (P)	Hydro Power (P)	Hydro Power (P)	Hydro Power (P)	Hydro Power (P)	
		Chair Aerobics (MP)		Chair Aerobics (MP)		Senior Strength (G)	
		Senior Strength (G)		Senior Strength (G)			
10:30 AM		Cycle Jam (CS)		Cycle Jam (CS)		Barre Essentials (FS)	Zumba®/Dance Fitness (FS)
		Barre Essentials (FS)		R.I.P.P.E.D. (FS)			
11:00 AM		Yoga Basics (MP)	Tiny Totz (FS)	Vinyasa Yoga (MP)	Tiny Totz (FS)		
NOON		Hatha Yoga (MP)	Hatha Yoga (MP)	Hatha Yoga (MP)	Hatha Yoga (MP)	Hatha Yoga (MP)	
		Body Pump (FS)		Body Pump (FS)			
1:00 PM		Hydro Power (P)		Hydro Power (P)		Hydro Power (P)	
1:15 PM		Bone Builders (MP)		Circuit Basics (FF)		Bone Builders (MP)	
1:30 PM	Bodypump® (FS)						
2:00 PM		Bone Builders (MP)		Stretch & Breathe (MP)		Bone Builders (MP)	
4:15 PM			Bodypump® (FS)		Bodypump [®] (FS)		
5:00 PM							
5:30 PM		Hydro Power (P)	Zumba® (FS)	Hydro Power (P)	Dance Fitness (FS)	Hydro Power (P)	
		Equipment Masters (FS)		Equipment Masters (FS)		Zumba (FS)	
		Hatha Yoga (MP)		Hatha Yoga (MP)		Hatha Yoga (MP)	
5:45 PM		Group Cycling (CS)	Group Cycling (CS)	Group Cyding (CS)	Group Cycling (CS)		
6:30 PM		Bodypump® (FS)	Dance Fitness (FS)	Bodypump® (FS)	Zumba® (FS)		
7:30 PM					I construct A process I can I		
7:45 PM		Low Impact Aerobics (FS)			LOW Impact Aerobics (F9)		
	Location Index:	CA Classroom A FF Fitness Floor	FS Fitness Studio CS Cycling Studio SMP Small Multipurpose Room	CS Cycling Studio e Room	G Gymnasium	MP Multipurpose Room	P Pool
	Level Index:	Beg Beginner	Int Intermediate				