

## Benefits of Being a GRMC Wellness Member

- Access to the PWA Fitness Center

*Weekday hours—*

5:30 a.m. to 8 p.m. Monday through Thursday

5:30 a.m. to 7 p.m. Friday

*Saturday hours—*7 a.m. to noon

*Sunday hours—*7 a.m. to noon

(November through March only)

- Free Personal Training Session Per Month
- Free Access to the AquaMed Therapy

The AquaMed is a dry hydrotherapy bed that combines the healing benefits of water, heat, and massage in a single treatment. Each session is 15-20 minutes. To schedule your unlimited free appointments, please call 641-236-2953.

- It Pays to Attend

Earn a free 60-minute massage from Postels Community Health Park or a \$25 gift certificate from the Neon Café just by visiting Grinnell Regional Wellness & Fitness Center 60 times in six months. Sign or punch in and we'll track it for you.

## Childcare Available

A 24-hour advance reservation notice for childcare during all classes has been instituted. Childcare will not be offered for 5:30 a.m. classes. This change is primarily due to the decreased demand for childcare at this time. You may call the fitness center to reserve childcare at 641-236-2999 or email [cjackson@grmc.us](mailto:cjackson@grmc.us).

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## We Still Need You to Help Grinnell Go Blue!

Grinnell is in the running to as a Blue Zones Community and we need your help. Please take a quick moment to show support for a healthy community. Log onto <http://www.bluezonesproject.com/> click on the "I'm a citizen" link and complete the very simple form to support Grinnell's goal to be a Blue Zone community.

Being a Blue Zones Community means that we are committed to building a healthier community through community action, intergenerational activities, taking care of our human and natural resources and being a happier community, just to name a few...

More than 2,500 Grinnell residents need to register their support for the Blue Zones Project.

# February Schedule



Postels Community Health Park  
 807 Broad Street  
 Grinnell, Iowa 50112  
 641-236-2999  
 EMAIL: [cjackson@grmc.us](mailto:cjackson@grmc.us)  
[www.grmc.us](http://www.grmc.us)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinning 5:30-6:15 am	Body Boost 5:30-6:15 am	Spinning 5:30-6:15 am	Body Boost 5:30-6:15 am	Spin & Tone 5:30-6:15 am	
					Spinning 7:00-7:45 am
The Mix 8:15-9:00 am		The Mix 8:15-9:00 am		Spinning 8:15-9:00 am	The Mix 8:00-8:45 am
Gentle Yoga 9:15-10:15 am	Zumba (Gentle) 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	Zumba (Gentle) 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	Yoga 9:15-10:15 am
Spinning 12:00-12:45 pm	Power Pump 12:00-12:45 pm	Spinning 12:00-12:45 pm	Power Pump 12:00-12:45 pm	Spinning 12:00-12:45 pm	

# Class Menu

CLASSES MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.

## Power Pump is Back!

In response to our members' requests, we've added another Power Pump session to the afternoon schedule in January. You may now enjoy Power Pump at:

4:15 p.m. on Mondays,  
 12 pm on Tuesday and Thursday, and  
 5:15 p.m. on Thursday

Power Pump 4:15-5:00 pm	Spinning 4:15-5:00 pm	Power Flo Yoga 4:15-5:00 pm	Spinning 4:15-5:00 pm		
Spinning 5:15-6:00 pm	Step Pump 5:15-6:15 pm	Zumba 5:15-6:00 pm	Power Pump 5:15-6:15 pm		
	Basic Yoga 6:30-7:15 pm		Basic Yoga 6:30-7:15 pm		