

### **January Women's Self-Defense Class Begins Tomorrow January 6th**

In this class, women have the opportunity to learn ways to defend themselves in different situations. Class covers techniques ranging from wrist grabs to ground defense. The goal of this class is to help women feel more prepared for the unimaginable and to become stronger mentally and physically. Class will take place on Mondays in January as well as on February 3rd from 7:00pm – 8:00pm in the CRC Fit Zone Room. Class is \$30 for all 5 sessions. Registration closes on Monday 1/6 at noon and is limited to the first 15 participants. Registration is required, no drop-ins will be accepted. Female participants ages 14+ are welcome to register and prior experience with self-defense or martial arts is not required. Register at the CRC or online using Activity Number 1202060. Instructor Kailey Rivenburgh holds a 2nd degree black belt in KiMudo. Participants under the age of 18 will need a parent/guardian to sign a participation waiver before class begins.

#### **2019 Participant Testimonials**

"Highly recommend to any female to learn ways to be more aware and safe"

"I now feel more aware, safe, prepared & confident should I ever be attacked. I have tools to fight back!"

### **New Fit Zone Classes Added for January 2020**

Beginning Monday, January 13th, MRD will be offering Tai Chi at 5:45pm. The class will take place Monday nights from January 13th through the end of March. Please note that this class begins on the second Monday in January. Come for 4:30pm Yoga and stay for 5:45pm Tai Chi to complete your Mindful Movement Monday!

Beginning Friday, January 3rd, MRD will also be offering an additional noon TRX class to complement our very popular TRX classes. This class will also run through the end of March. Continuation of both Tai Chi and Friday TRX beyond March will depend on class participation rates.

### **Hip-Hop Dance Fitness to Continue in 2020**

Join instructors Riley and Ali for this dance fitness class on Wednesdays at 5:45pm. This Hip-Hop based class will help you get your heart rate up and you will have a blast dancing with MRD's talented instructors. This class will continue through 2020 dependent on regular participation levels. Grab some friends and come party! Class is included for CRC pass holders and day use visitors.

### **Class Participation Size Limits**

Please be aware that as cold weather, short days, and New Year's Resolutions bring participants to the CRC, we expect Fit Zone class participation numbers to continue to increase. This means that due to fire code, equipment limitations, and safety considerations we have to limit class sizes and may have to deny entry to some participants. For classes that are nearing or meeting participation limits, we will have signup sheets outside of the Fit Zone entrance 15-minutes prior to the beginning of class. Please make sure that you put your name on this signup sheet to be guaranteed a place in class. If the signup sheet is full, please accept our apologies and utilize other areas of the CRC. We value all of our class participants and are ecstatic about how successful you have made our Fit Zone Classes. We hate to turn anyone away from class, but are

committed to participant safety and following occupancy limits. Please see page 14 in the Winter/Spring Activity Guide for class descriptions and class size limits.

### **Registered Dietitian Hannah Freese's How to Turn Back the Clock on Your Metabolism: Free Seminar**

Is natural and sustainable weight loss possible for women over 40? Even after years of past diets and failed attempts to keep it off? Yes! Yes it is! And it's easier than you think! Join Hannah Freese, Registered Dietitian, online weight loss coach, and founder of The Freese Method for a free 45-minute seminar to discover how you can turn back the clock on your metabolism in a natural and healthy way without counting calories or giving up everything you love about food! This seminar will explore why traditional diets are typically ineffective for women over 40 and why they could actually do more harm than good. Hannah will also cover what to do instead. Hint: it's not exercise more! You'll come away from the seminar with the newest discoveries in weight management, clarity on what your next step should be, and a bonus 3-day meal plan with 12 easy and delicious recipes to help you start turning back the clock on your metabolism the minute you leave the room! Seminars are: Wednesday January 8th from noon – 1:00pm Or Wednesday February 26th from noon – 1:00pm. Classes meet in the CRC Party Rooms.

### **The Freese Method {Live and Local} Weight Loss Workshop**

Calling all women over 40 who want to lose their stubborn and unhealthy body fat so that they can say "yes!" to the best things in life and never feel held back by their weight. Join Registered Dietitian Hannah Freese, online weight loss coach, and founder of The Freese Method, for an eye-opening 4-week weight loss workshop that will teach you what to eat, what not to eat, and when to eat so that you can harness the natural power of your fat-burning hormones to effortlessly burn your unwanted body fat. Using real food and no gimmicks, you'll discover a sustainable and enjoyable way to lose weight without giving up wine, cheese, dining out on Saturday night or ever counting a calorie. You'll come away from the workshop with less body fat, two 7-day meal plans with over 33 delicious recipes, a life-long community of support and encouragement, and most of all, fresh hope that you will meet your weight and health goals with confidence! Registration is \$265 per person for all 4 sessions. Sessions are: Wednesdays January 15th, 22nd, 29th, and February 5th from noon – 1:00pm Or Wednesdays March 4th, 11th, 18th and 25th from noon – 1:00pm. Classes meet in the CRC Party Rooms. Be sure to register early as space is limited to 10 participants.