

March 2020

Fitness that fits your life.



Athletic/Dress Clothing Garage Sale!!!

Saturday, March 28th, 2020

9am-noon

Sanford Wellness Center will be hosting its first ever Athletic/Dress Clothing Garage Sale! Come on out to find good, gently used athletic or dress clothing/shoes/equipment items.

We will also have Sanford Wellness Center apparel on sale that day!



February Feedback WINNER!

CONGRATS to Patrick Marolt, our February Feedback Winner! Patrick received a free Sanford Wellness Center t-shirt.

Thank you to all who participated!

We love hearing your feedback, keep the comments coming!!



Yoga for Beginners

This beginner yoga class are for those newer to yoga or those wanting a basic flow class. This introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath.

Tuesdays at 5:45 pm

Class taught by Kelsey Burmeister



Open Gym Times

Do you have kids with extra energy and nowhere to burn it?

Bring them in to enjoy open gym in our gymnastics area.

Mondays: 3:30-4:45

Wednesdays: 3:30-5:15

Thursdays: 3:30-5:15

Extended open gym March 16-19th from 4-7 pm

Kids ages 3-14 play freely in the gymnastics/ninja warrior space with staff supervision. Cost is included in family memberships or \$8 per child for those without family memberships and non-members.

Pre-registration is required



Book a BIRTHDAY!

Let us host your child's next birthday party!

The Kids fitZone and Gymnastics/Ninja Warrior area are available for rent. Two hour time slots available along with options to book after hours. Pricing and times may vary depending upon availability.

For details and booking, give us a call!
(218) 683-4367



100 Class Club UPDATE!

The 100 class club is in full swing! Make sure you are signing in when you attend a group exercise class so you receive credit. Reminder-offer prizes to the **top 3 winners**.

Current Leaders:

Marie Blomker (48), Jeanine Kezar (35), Davis Engen (30)

Not a premier plus member? Switch up your membership and get in on the action! Snag a Group X Schedule at the front desk and check out all of the classes to attend.



Energy Bites – Healthy Snack Option!

INGREDIENTS

- 1 1/4 c. old fashioned oats
- 1/2 c. unsweetened shredded coconut
- 1/4 c. mini chocolate chips
- 2 tbsp. chia seeds
- 2 tbsp. flax seeds
- 1/2 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 3/4 c. natural peanut butter
- 1/4 c. honey
- 1/2 tsp. pure vanilla extract
- 2 tbsp. milk

Directions:

1. Line a large baking sheet with parchment paper. In a large bowl, stir oats, chocolate chips, coconut, chia, flax, cinnamon, and salt until combined. Stir in peanut butter, honey, and vanilla. Mixture should be slightly crumbly. If it's too dry, gradually stir in milk.
2. Roll mixture into balls then place on prepared baking sheet. Refrigerate until chilled, about 30 minutes.

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Learn more at Sanfordhealth.org
Keyword: TRF Wellness

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