

# 12 Days of Fitness- Starting December 3rd

A fun and exciting way to try a variety of equipment in the fitness area.

## Description

The program will run for 12 days, (Monday through Friday only) from December 3-18, 2018.

Each day, a new workout will be posted in the fitness center; the workout will consist of **4 or 5 exercises** that range from cardio machines to weight equipment, the equipment being used on the day of the workout will also be marked with Candy Canes.

The daily workouts are designed to move you around the fitness center and get you to try equipment you may not usually use. You may find the perfect exercise or piece of equipment you had never thought of trying.

## Getting Started

You will start by picking up your workout card from the fitness desk on the first day of the program, December 3rd.

Please fill out the card with your name, phone number, and email address.

If the workout includes equipment you are unfamiliar with, the fitness specialist will be happy to assist you.

The workout will be posted each morning, and will be taken down at closing each night.

Once the workout has been completed you will bring your

workout card to the fitness specialist and they will initial your card for verification.

Workouts are NOT allowed to be made up on any other day.

**PRIZES To Be Announced for the following workouts:**

5 workouts

10 Workouts

12 Workouts

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## **Thanksgiving Hours 2018**

Come in for Normal Hours on Wednesday to burn those calories before the BIG Feast!

The NMB Aquatic & Fitness Center will only be CLOSED Thanksgiving Day.

Normal operating hours workouts for Friday, November 23rd!

Child Watch will be closed Friday, November 23rd, 3:30-7 pm, and The Dolphins Swim Team will NOT practice.

We hope everyone has a Happy and Safe Holiday!

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# Les Mills Virtual Barre Class- Wednesday, Sept. 26th- 11 am

This Class will be a Surprising Workout for Men and Women!

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## After School Program 2018-2019

Mondays-Fridays, 2:30 pm-6:00 pm, Grades: Kindergarten- 6th grade

**FEE: Member:** \$50 per week **Non-Member:** \$60 per week

\* 50% off for each additional sibling \* 10% discount if you pay monthly in advance

**\*Daily Rates Available. \$18 per day per child. Must have set days. Other Discounts do not apply to the daily rates.**

***Fees should be paid a week in advance. A late fee of \$10 per child per week will be charged when fees are not paid in advance.***

Registration and payment is required prior to the start of each week your child will be enrolled. The kids will receive support with their homework, as well as snacks, and activities in the pool and gym. For more information call Heather Smith

at 843-281-3744 or email at hzsmith@nmb.us

**Ocean Drive Elementary– Bus #9 Middle– Bus # 3**

[Click Here for Registration Form](#)

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# POSTPONED-September 21st - Basil's Pizza Family Fun Run

NORTH MYRTLE BEACH  
**AQUATIC & FITNESS**  
CENTER



**BASIL'S PIZZA FAMILY FUN RUN/WALK**

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Bring your family and friends to the annual 1 Mile Family Fun Run/Walk on Friday, September 21st. Whether you go for a jog or a light stroll, this exciting event is designed to promote a healthy and active lifestyle.

**\* This event is rain or shine at The NMB Aquatic & Fitness Center.**

**Onsite Registration Begins: 5:00 pm**

**Race Start Time: 6:00 pm**

**\$8.00 Registration Includes: Snacks-Medal-Race Swag and FREE Inflatable Zone**

For up to date information call Heather Smith at 843-281-3737 or check out the

NMB Aquatic & Fitness Center facebook page or website, [www.afc.nmb.us](http://www.afc.nmb.us)

[Click Here for Registration Form-Family Fun Run Flyer-2018](#)

**\* The Horry County School with the most participation will receive a monetary donation.**

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# **Adult Swim Lessons - Start September 1st**

Session 1: Saturdays, September 1st- October 13th

Session 2: Saturdays, November 10th- December 22nd

Fees: AFC Members: \$30.00 per session (6 classes) Non-AFC Members: \$44.00 per session (6 classes)

A minimum of three swimmers is required to set the class.

For additional information contact:

Judy Childers (843)281-3743 or [jachilders@nmb.us](mailto:jachilders@nmb.us)

Or Customer Service (843)281-3737

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# Morning exercise improves your Physical and Mental Energy

Engaging in morning workouts is your all-natural cup of coffee. Wake up your body and prepare your mind. Movement can be a tremendous source of energy, something many of us need when we start our day. But beyond that, morning exercise has been shown to improve focus and mental abilities all day long. Not only will you feel awake and have more energy after your workout, but your mind will be ready to take on whatever tasks you have lined up that day. Some research has measured the effectiveness of exercise to “wake up” the mind, and the results show that it does a better job than coffee!

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## Goals to Get into the Gym

Getting off the couch and into the gym can be an intimidating process, especially when everyone seems to know a lot more than you do. To be successful in your fitness goals, it's important to start off on the right track. Far too many beginners get started on the wrong foot, develop bad habits, and then struggle to achieve their goals of building muscle and burning fat. I don't want you to struggle with more challenges than you already have to—many are avoidable! If you can make your first steps positive ones, you'll make excellent progress right away and avoid feeling lost at the start of

your fitness journey. Going to the gym once is definitely a great start, but you won't see positive changes in your mind and body unless you make hitting the gym a habit. I know it might sound like an impossible task, especially if you feel you have a full day already, but working out 3-4 times each week for at least three weeks is absolutely essential to your budding success. Building lifelong habits takes time, but once you've built those habits into your daily schedule you'll notice that missing them is irritating. "Experts say it takes 21 days to create a habit," says Barbara Bolotte, BPI athlete. "This means it won't be until after 21 days of consistent work at the gym that it'll bother you to miss a workout." When skipping the gym is more of an annoyance than a relief, you know you're on the way to success. Give yourself time to make the habit stick. One week is not enough. Be consistent in your plan and you'll move forward very quickly toward your goals.

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## **NMB AFC Closed Wednesday, July 4th**

The NMB AFC will be closed for the July 4th Holiday. We hope everyone has a happy and safe holiday. The facility will have normal operating hours every other day.

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**Instructor-Denise Vitola-**

# Chosen Women's Health Action Hero

A Women's Health Action Hero is a social change agent, working to improve the health and wellbeing of women, their families, and communities! World changers! Dee is part of a select group of influential women who lead and drive the mission to help people live well, spread health, wellness and empower others to live to their full potential.

Out of thousands of women, Women's Health Magazine, chose Denise, 2 years in a row, as one of only 25 women to be a Women's Health Action Hero.