



August/September 2008 Member Newsletter

GREATER BLUEFIELD
COMMUNITY CENTER

Thank you for choosing the Greater Bluefield Community Center as your choice facility for family fun and fitness activities!

www.gbcconline.org

Center hours: M – F

5 AM – 10 PM

Saturday 7 AM – 6 PM

Sun 1 PM – 6 PM

Wii Sports Leagues – for all ages

A fun, interactive weekly class designed to learn new skills and build team activities while staying active. All ages and skill level are welcome, from the first time wii player to the expert! We will have teams and head to head competitions with prizes and a bracket tournament. Sign up at the front desk, come to a class, or email peia@gbcconline.org today!

Adult Wii Sports League

Sundays 1-2pm

Aerobics Room

Teen/Young Adult Wii Sports League

Tuesdays 3:30-4:30pm

Aerobics Room

DEIA Insurance-Reimbursed Weight Loss and Fitness Programming

GBCC is pleased to announce we have become a site-approved facility for fitness programs in conjunction the state employees' DEIA insurance company. We offer an excellent comprehensive weight loss/fitness program with a registered dietician (Lynn Henderson, RD) and exercise physiologist for individual programming as well as monthly follow up and tracking of all body composition measurements. These services include a low membership rate of less than \$14 if you qualify! We are excited to sign up new participants and congratulate the current participants in their success! Look for the green DEIA brochure for more information!

New Wellness Support Group **Sundays 3pm with Shannon Lowe, Ex. Phys., ACSM HFI**

This group is open to all members after registration, and will be ongoing. Participants of our DEIA BMI program are specifically encouraged to attend. Support on individual programs, a "topic of the day", and additional games/incentives will become part of this program as well as an online program to track your success. Just show up on Sundays to participate or contact Shannon at peia@gbcconline.org.



FOREVER FIT PROGRAM

GBCC offers a **full** insurance-reimbursed membership program for all DEIA retirees that hold the Advantra insurance. Sign up at the front desk!

New Exercise Physiology and Corporate Wellness Services Offered

See the new brochure at the front desk! Join the members who are losing weight and getting fit! My program also incorporates an online program to track your success! Email peia@gbcconline.org for more information!



Immunization Awareness Month

Sept. information meeting

FREE OF CHARGE

Attend an informational meeting on Family Immunizations! Sponsored by the Mercer Co. Health Department. Sign up at the front desk today!

Active Aging Week is Sept. 24th

GBCC will be re-forming our low-impact aerobic class for all members! This is perfect for senior members, beginning fitness levels, as well as those who have orthopedic conditions. All ages are encouraged to come and have fun! Please sign up/inquire at the front desk. Classes will be scheduled on interest.

Swimming Lessons

Sign up now at the front desk. We have a lifeguards Chase and Joanna teaching members with several dates/times.

Shannon Lowe, Ex. Phys., ACSM HFI

DEIA and Rehabilitation Program Coordinator - GBCC