

Sports Academy News

Cache Valley's Premiere Fitness and Racquet Club



Calendar

FREE Kids Activities

Every Tuesday-Friday, 4-5pm

March 17

Special St. Patty's Day Kids Activity, 4-5pm

Racquetball League

Every Tuesday

Join the Futsal League!

Call 435- 753-7500 for more information

Couple's Contest Winners:

Congratulations to Ben and Lindee McKinley! They won the Valentines couples contest and a \$50 gift certificate to Hamilton's. Runners up: Camille and Chet Jeppson

Healthy skin with winter facials

Facials are cosmetic treatments that clean, exfoliate and nourish the skin. Why have a facial? Ginger Godfrey, Academy Massage and Aesthetics esthetician, said facials improve the look and feel of your skin and are especially helpful and important in the winter.

"The skin loses 25 percent of it's moisture in the winter, and because we live in Utah almost everyone has dry skin anyway," Godfrey said. "Hydrating facials exfoliate the skin to remove dead skin cells and help hydrate and regenerate the skin."

She said receiving a facial will not only help restore moisture to the skin but can help improve any skin ailment from acne to wrinkles to razor burn. Godfrey said sometimes people think facial treatments are just older individuals or women. However, Godfrey said facials will improve the look and feel of men and women's skin of all ages and all skin problems.

During March, Academy Massage and Aesthetics is featuring Green Tea Facials, an organic procedure that balances and hydrates the skin.

For more information on facials or to schedule an appointment call 435-753-7500.

What members are saying...

"It's my first start in facial treatments and my skin tone is better and looks fresher. Facials smooth wrinkles and take off dead skin. It's very relaxing and is an experience of waking up to feel refreshed. I recommend it entirely."

- Barbara Lutz
Sports Academy member

Mention the newsletter and receive \$10 off a microderm procedure and \$5 off a signature facial!

**Zumba is here!
ditch the workout,
join the party!**

Amp up your workout with latin dancing and great music for a fabulous hour of cardio!
Held Wednesdays at 5:15pm.

More class times to come!

**Congratulations
Cheer Team!**

The Sports Academy's High Point Gymnastics Cheer Team won the 3P National Championship January 30 in Boise, Idaho. The team won a trip to Las Vegas in April to defend the title.

Employee Spotlight



Emerald Green

Group fitness instructor

"A dedicated and talented employee. Emerald teaches a variety of genre's including: kickboxing, yoga, pilates, spinning and Silver Sneakers. She teaches many classes each week and is always willing to help out with subbing. Our program would not be the same without her!"

-Amy Nixon, Aerobics Director

Celebrate your next birthday at the Sports Academy!

Does your child a birthday coming up? Why not celebrate at the Sports Academy? We make it easy by providing the activity (swimming or tumbling), games, cake, ice cream, drinks and party favors for the birthday kid and five of his/her friends. Parties are hosted by our energetic and experienced staff and are sure to give your child a birthday they'll never forget!

For more information, call Natalie or Missy at 435-753-7500 ext. 115. or see the "Acitivites" page on www.sportsacademy.com



