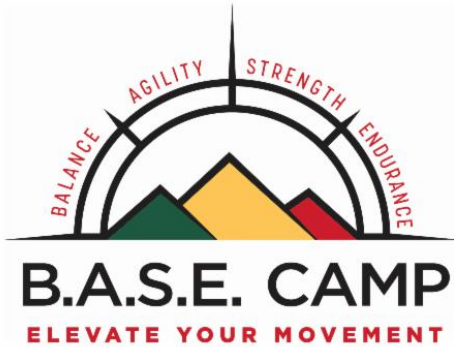


Attend a FREE "Try It Out" B.A.S.E. Camp Class



Speak to any staff member to
schedule your
FREE "Try It Out" class today!

Limited time! Now through Nov 24!!

B.A.S.E. Camp is for EVERYONE, but especially for YOU!

Have you noticed you . . .

1. are avoiding activities you used to enjoy?
2. can't do the same activities - for as long or as frequently as you used to?
3. aren't getting the results you desire from your workouts?

Sign up to attend a FREE "Try It Out" B.A.S.E. Camp class to see how you could benefit from the program! Members may sign up for one free class of each style - Mindful Movement and Functional Performance.

Click here to view ["Try It Out" Class Schedule](#). Click here to learn more about the program and to view [regular class schedule](#). More classes will be added to the regular B.A.S.E. Camp class schedule on Nov. 29.

For general questions, contact Angela at AngieStockert@gmail.com. For Physical Therapy related questions, contact Ashlee at Ashlee@RecCenterPhysicalTherapy.com.

Visit our website

Regular Business Hours

Monday-Thursday 4 AM-11 PM, Friday 4 AM-9 PM

Saturday & Sunday 6 AM-8 PM

Front Desk 319-295-2552

Thanksgiving Day Hours

OPEN 7 AM-noon
No classes. No babysitting.

Friday, November 26
The babysitting room will only be
open from 9 AM-1:15 PM.

Reservations are required for babysitting.



Membership Promotion



Just \$35 for the rest of the year!

The membership promotion is open to Collins employees & Retirees and their immediate/extended family members, as well as Contractors and their immediate families. NOW is the perfect time to invite them to join!

Click here to [view eligibility guidelines](#).

Conditions:

- Must set up future payment method when joining.
- New members under 18 years of age must be accompanied by a parent or legal guardian when enrolling.
- Monthly membership dues will be adjusted to the regular rate in January.
- Cannot be combined with other offers or promotions.

Please contact the front desk staff if you have questions.



Remember in November . . .

In November, we are highlighting a variety of programs and services that are available to our members. Throughout the month you will be encouraged to attend a new class, complete a specific workout or take advantage of some of our free services.

Pick up a handout at the front desk for 30 days of suggestions to help you get the most value out of your membership!

Blood Drive on Nov. 11 from 6:30 AM-3 PM

All donors will receive 3 Rec Center guest passes. Additionally, from ImpactLife, all presenting donors can choose between a gift card or a blood donor t-shirt. Masks are required at all blood drives during this time. Please bring a photo ID. Don't forget to eat and drink water before your appointment. [Click here to schedule an appointment.](#)

Navigate the Holidays with Healthy Eating!

Join Sandy on Zoom as she discusses how Intermittent Fasting may work as part of a holiday eating strategy. She will also provide a few additional strategies for maintaining weight and good health over the holidays.

Intermittent Fasting and Holiday Eating Strategies Nov 10, 2021 at 6 PM.

[Click here to register](#). After registering, you will receive a confirmation email containing information on joining the meeting.

Individual Nutrition Counseling

Contact Sandy via email (sandra.holterhaus@collins.com) to set up an individual nutrition counseling or tapping session in person at the Rec Center or via Zoom.

Nutrition Training Classes on Plant-based Diets and Lowering High Blood Pressure are available through the Virtual Gym on your schedule! [Click here](#) for more info.

Click here to [read a testimonial](#) from one participant of the Lowering High Blood Pressure Naturally class!



Sandy Holterhaus,
Registered Dietitian,
Integrative Nutrition
Health Coach,
Certified Yoga Teacher

Click here to access the [Nutrition page](#) of our website.

Two Great Holiday Fitness Programs Begin on Nov. 29

Register now!

12 Days of FITmas

Nov. 29-Dec. 22



Join Riley and Kristy for the 12 Days of FITmas program that fits perfectly between Thanksgiving and Christmas! A variety of class formats will be used - cycling, cardio/core, TRX and the 2 Saturday classes will be strength bootcamps. Attend 12 out of the 13 classes and receive a stocking filled with Rec Center swag and coupons! Space is limited!!! Max of 8 in each class.

Class will be offered on Monday, Wednesday, Thursday, and 2 Saturdays. Available class times are 9-9:45 AM, 12:30-1:15 PM or 3:30-4:15 PM.

Cost is \$105. MyZone is recommended, but not required. Participants can purchase one for \$60 (instead of the regular \$75).

[Click here](#) for more details. Register at the front desk or in the app.

Contact Riley (Riley.Coady@collins.com) with questions about the program.



For more information on the Holiday Mini Boot Camp instructors, workouts, supportive handouts and registration [click HERE!](#)

The four weeks between Thanksgiving and Christmas are the time when many of us forego our good habits, healthy eating and neglect our fitness. **Let's not continue the trend!** Instead, join us for our Holiday Mini Bootcamp to help maintain your fitness during this busy holiday season.

Holiday Mini Bootcamp, offers 30-minute workouts 6 days per week! Choose your time spot, either 4:45-5:15 PM or 5:30-6 PM. Participation in the Boot Camp program costs only \$85 and includes 21 workout opportunities. Not sure you can commit to 6 days per week? We recommend attending 4 or more of the workouts each week to best maintain your current fitness level.

Group Fitness Updates

Please note the following additions and changes to the November Group Fitness schedule. All of the [classes on this schedule](#) are free and included with your membership!!

Monday - **Yoga** will be 6-7 PM (new time!)

Thursday - **Endurance Cycling** 5:30-6:30 PM

Saturday - **Cycling** 8:15-9 AM

New to cycling classes? In November, join Laura on Tuesdays from 5:30-6 PM for **Beginning Cycling**. New participants are encouraged to arrive 15 minutes early so you can have help getting your bike set up.

LIFT is a FREE all-female strength training community aimed to educate, empower, and inspire women of all shapes, sizes, fitness, and lifting backgrounds. Gaining confidence while training with weights can be easy with a bit of guidance....plus a little bravery. LIFT meets on Thursdays from 6:30-7:30 PM.

Home Workplace Considerations

The work at home population is growing and while it has its perks, if your at home work station isn't set up properly, it can lead to future problems for you down the road. There are certain things you should be considering when you are evaluating whether your station is set up properly. Use our *At Home Workplace Checklist* to make sure your work day isn't leading you towards future health problems. At Rec Center Physical Therapy, our team of physical therapists are here to help you modify risk factors and help you function at your optimal level.

[Click here](#) for more information and to visit our blog

Rec Center Physical Therapy

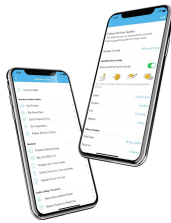
Rec Center Physical Therapy has a team of highly experienced therapists who work hard to provide a positive and professional clinical experience.

RCPT also offers massage therapy, the AlterG treadmill, laser therapy and much more! Visit the [Rec Center Physical Therapy website](#) for more information.

Free Consults! If you are experiencing pain upon movement or would like to discover if you could benefit from Physical Therapy, the clinic is offering free 10-minute consults. Call the clinic at 319-295-8899 to schedule.

RCPT IS OPEN TO THE PUBLIC; you do not need to be a Collins Aerospace employee or Rec Center member to receive physical therapy services.

Rec Center Virtual Gym

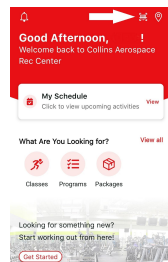


Did you know that through our virtual gym app you can . . .
 TRACK your personal workouts
 LOG your meals, calories and macros
 PLOT your body metrics
 WORKOUT with our on-demand videos
 COMMUNICATE directly with our fitness staff

The Rec Center's Virtual Gym app is FREE to all current members. Contact Laura (laura.green1@collins.com) or Chris (christopher.schneider@collins.com) to request access.

Our Member App Has a New Look!

The Rec Center App recently received a "facelift." To find your scan code to check in at the Rec Center, click on the iconized bar code in the upper right corner on the app screen (by white arrow).



Signing up for classes and programs is easy with our App!

[See this post](#) on Facebook for step by step instructions on how to sign up for classes through the app. If you have not yet set up your online member account, [follow this link](#) and click "First Time Here" to get started.

Fall Food Drive

Non-perishable food donations are being accepted at the Rec Center through November 16th. Please place items in the box in the foyer. All items will be donated to the HACAP food pantry. [Click here](#) to view a list of needed items. Click here if you prefer to make a cash donation [to HACAP](#).



The finale to the food drive will be a **Fill the Truck** event. This will be a competition between two Collins departments to see which truck will be filled first with donations! The Fill the Truck event will be held in the parking lot on the north side of the Rec Center on November 17 from 11 AM-1 PM.

No Shave November!

Are you planning to participate in No Shave November? If so, please plan to stop at the front desk to have your "before" picture taken by November 5.



You may stop up at the front desk to have your after picture taken whenever you are "done" or by December 5. Judging will take place the first full week of December.

Watch for **Men's Health Month** in June 2022!

Holiday Student Memberships

Holiday student memberships are available for purchase now. These memberships are a great way for students to stay active over the winter break.

- Ages: 7-25 years
- Dec. 1, 2021 - Jan. 19, 2022
- Price: \$60 plus tax (enrollment fee included)

The Collins Aerospace sponsor must accompany the student to complete the enrollment process. Once enrolled, the student can come on their own.*

*Students ages 7-11 must be accompanied by a parent at all times.

Rec Room

Friday, November 26

The babysitting room will only be open from 9 AM-1:15 PM.

Reservations are required for the Rec Room babysitting service. Reservations must be made through the online member portal. [Click here](#) for information on setting up your online account.

Hours:

- Monday-Friday 9 AM-1:15 PM
- Monday-Thursday 4-7:30 PM
- Friday 4-6:30 PM
- Saturday 8 AM-noon

Please note: Quality Time on Saturday and Sunday afternoons is not available at this time.

B.A.S.E. Camp for Golfers

The session November session filled quickly! If you would like to place your name on the waiting list or are interested in attending a future session, please contact Laura at Laura.Green1@collins.com.

League Info

League play is a fun and enjoyable way to increase physical activity. Participation in leagues fosters teamwork and provides opportunities for networking with co-workers you may not come in contact with on a regular basis. Check out the [league webpage](#) for information on the wide variety of leagues and clubs available.

Outdoor Tennis/Pickleball Court Update: If you've been watching the progress, you've noticed that the outdoor courts are getting close to being finished. The Facilities crew is currently installing the fencing. We do not have a projected completion date at this time.

New Member Referral Option

The greatest compliment a member can give the Rec Center is to refer a family member or eligible friend for membership. When a member refers someone to the Rec Center for membership, they will receive a gift after the new member has remained an active member for four months.

[Click here](#) for the Member Referral Program details and rules.



FOLLOW US

