By Maggie Yates

Sixteen to Six in Under Two Years: A Healthy Weight Loss Story

So, I was going to get in shape... and wear that skirt again.

I see a flyer in the Holder's window about Spin Class. Hmmm, that sounds interesting and I'm obviously not getting anywhere with my current plan, which had turned into nothing. So, I gave it a try. After the first class my legs were not sore at all. That's cool, because I felt like I had a pretty good workout. However, I could barely walk because of the pain in my posterior. For those who haven't had Kinesiology yet, my butt hurt! That crazy woman who taught the class said that would get better.

Whatever. That pain is one that obviously will never go away! After the next class, oh mama, I could barely sit or walk. Yeah, this was awesome. But I still felt like I was getting a pretty good workout, so I stayed with it for a week. Then I went another week. The next morning after one of the classes, I realized I could walk like a human and the pain had subsided considerably. Then after a couple more classes, I realized it didn't hurt at all. That crazy woman was right. Huh. Who'd have thought? So for 45 minutes two times a week, I went to Spin class religiously. I didn't notice I had lost much, if any weight, but I did notice that my pants fit looser. I will admit right here in front of everyone, I weighed 175 lbs and wore a loose size 16 or a snug size 14. I went to the reunion a little bigger than I had planned, but feeling pretty good about myself and my lifestyle changes I had enacted. (No, I didn't get to wear the skirt.)

After the reunion, I decided I was on the right track and might as well continue the class. But I decided my progress was not coming fast enough, so I started going an extra time per week on my own when I had the chance. Not spinning from Thursday until the next Tuesday was just not cutting it, so I added a weekend trip to the Wellness Center. If I had to miss a class, I went up on my own and made up for it. Remember the butt story? Yeah, that will keep one going simply so one doesn't have to re-do the process of toughening one's butt again. So I still hadn't seen much in the way of weight loss, but I was seeing some definition in my legs that hadn't been there before and I was down to a solid size 14. By the following January, I was in a size 12 jean. For those keeping track, that is 9 months after starting. In February, Lent started, so I decided I was going to drink it. But I still felt like I was getting a pretty good workout, so I stayed with it for a week. Then I went another week. The next morning after one of the classes, I realized I could walk like a human and the pain had subsided considerably. Then after a couple more classes, I realized it didn't hurt at all. That crazy woman was right. Huh. Who'd have thought? So for 45 minutes two times a week, I went to Spin class religiously. I didn't notice I had lost much, if any weight, but I did notice that my pants fit looser. I will admit right here in front of everyone, I weighed 175 lbs and wore a loose size 16 or a snug size 14. I went to the reunion a little bigger than I had planned, but feeling pretty good about myself and my lifestyle changes I had enacted. (No, I didn't get to wear the skirt.)

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My new goal became to get down to my driver’s license weight (130 lbs) by the time I turned 40 (March 2, 2008). Summer 2007 was good to me. I actually rode my non-stationary bike occasionally, stayed with the spin and continued to try and drink my weight in water daily to help reach my goal. Oh, and I wore the mini-skirt from high school in July. In August 2007, I was down to 135 lbs. But just before I found out that Kerri Reasons, the woman who started the class was moving. I decided getting certified was a good way to keep myself motivated and “pay forward” the encouragement and motivation I received from my “Spin-Tor” Kerri.

I was almost to my goal, but unsure if I could keep it off until March.

I will admit, I have put about 10-12 lbs back on, but I still feel good and I bought some slacks and a pair of jeans that are a size 6 (although the 8s are more comfy). That’s about as small as I want to go, pants-wise. I would still like washboard abs, etc. etc., but for someone who started out at 175 lbs and 33% body fat to get down to 147 and 21% body fat, I feel pretty good about my accomplishments and the benefits of spinning.

And I’m getting better about worrying less about the number and more about how I feel. Doesn’t mean I’m going to quit trying, but if the scales don’t represent how I feel, then so be it. Oh, I’m not changing the weight on my driver’s license when I renew it in March, either. Good Heaven’s, no. That’s the weight that’s been on there since I turned 16, so why bother now?

Write me at maggiey711@yahoo.com with questions, suggestions or comments. If you would like, I’ll also add you to the e-mail list for spinning classes.

“The human body is the only machine for which there are no spare parts.”

-Hermann M. Biggs

Notes From The Director

Greetings to all! Thank you for taking the time to read this first issue of our Wellness Center Newsletter. Our goal is to inform you, our valued members and guests, of all the amenities we offer, and to inform you of upcoming, exciting events occurring at the Wellness Center.

We want to help you live a healthier lifestyle by offering you advice on the latest health tips; supplying you with motivational success stories from our members and staff, uplifting quotes; and continuing to help you feel welcomed by your Northwestern family.

Since the new year, we have witnessed record setting attendance numbers, and we are continuing to attract new members weekly! We are currently offering more group exercises classes than ever before. The classes are scheduled at a variety of times and days to allow you a chance to come at a time that is convenient for you. We encourage you to come and participate.

Personal training is another service we offer at the Wellness Center, and we recently hired a new member to our personal training staff. Their job is to help you meet your health and wellness goals.

I, along with my staff, want to thank you for your patronage to the Wellness Center. We encourage you to continue utilizing this great facility.

As always please let us know if there is anything we can do to enhance your daily experience at the Wellness Center.

-Shawna Copenhaver
Ride, Rangers, Ride and Happy Health
**Monthly Health Observances: March-May**

<table>
<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
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<tbody>
<tr>
<td>American Red Cross Month</td>
<td>Alcohol Awareness Month</td>
<td>Family Wellness Month</td>
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<td>National Caffeine Awareness Month</td>
<td>Cancer Control Month</td>
<td>National Allergy/Asthma Awareness Month</td>
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<td>National Kidney Month</td>
<td>Emotional Overeating Month</td>
<td>National Arthritis Month</td>
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<td>Sleep Awareness Week/National Breakfast Week (3rd-9th)</td>
<td>Stress Awareness Month</td>
<td>Women’s Health Care Month</td>
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<td>American Chocolate Week (3rd Week)</td>
<td>Laugh at Work Week (1st-7th)</td>
<td>Stroke Awareness Month</td>
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<td>Save your Vision</td>
<td>National Public Health Week (7th-11th)</td>
<td>Melanoma Day (May 5th)</td>
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<td></td>
<td>National Personal Training Week (13th-20th)</td>
<td>National Employee Health &amp; Fitness Day (May 21st)</td>
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"Knead" to Relax? Try a Soothing Massage

By: Jorge Cruise, LifeScript Fitness Coach

After a tiring workout- or a hectic day of running errands- who doesn’t need a little TLC? Rather than reaching for a pint of your favorite ice cream, choose a reward that will keep your fitness goals in motion.

One of the best ways to pamper yourself is with a massage. Whether it’s by professional or from a loved one, a massage has great health benefits. The motion of the massage increases circulation to your muscles as well as breaks up any knots or tense spots. This helps your muscle recover from your workout and prevents soreness. But the health benefits of massage don’t stop there.

New research shows that your metabolism gets a boost when you get a massage. So, while you’re relaxing on the table, you’ll burn extra calories without lifting a finger! Also, there’s nothing like the sensation of a warm touch to help you relax and release all of your emotional worries. Indeed, regular massages are good for your body, mind and soul. Treat yourself today. You’ve earned it!

By: Marsha Pharis-Certified Massage Therapist

Help discover for yourself the relaxing therapeutic results of a massage treatment by Marsha Pharis, J.R. Holder Wellness Center’s Certified Massage Therapist.

Marsha offers a variety of techniques from Swedish massages to stone therapy.

Since graduating from Northwest Technology Center with a certification in Massage Therapy in 2006, I have been helping Wellness Center members and the community of Alva with therapy treatments.

I began working at Share Convalescent Home as a certified nurse aid and certified medication aide. This helped spark my interest in massage and the human touch.

Along with my work at the Wellness Center, I am very active in working with residents at the convalescent homes in providing massages and restorative therapy. When I am not at the Wellness Center or the convalescent home, I can be found teaching night classes on how to massage stiff necks and shoulders at Northwest Technology Center.

I feel that my job as a massage therapist is to help relieve tension pain, and assist clients in the education process for the benefits of massages for a healthier lifestyle.

With a variety of techniques, my massages generally help me detox and relax so that my immune system can fight off colds and flu. Marsha at the Wellness Center knows how to apply essential oils and use deep tissue massage to help me stay healthy.

-Kathy Earnest

To Schedule an Appointment (Monday-Friday) call the front desk at (580) 327-8100.
Many people think about “wellness” in terms of physical health only. Wellness, however, is much more than physical health. Wellness is an ongoing process to reach for our full potential as human beings, personally and in relationships to our families, our community, and the world around us.

In this issue of the quarterly newsletter we will discuss the first two of the seven dimensions of wellness.

The first dimension of wellness is Physical Wellness. Physical wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition, and abstaining from harmful habits such as drugs and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy habits today will not only add years to your life but will enhance the enjoyment and quality of those years.

Tips for optimal Physical Wellness:
- Exercise daily
- Get adequate rest
- Use seat belts, helmets, and other protective equipment
- Learn to recognize early signs of illness
- Practice safer sex, if you are sexually active
- Eat a variety of healthy food
- Control your meal portions
- Stop smoking and protect yourself against second-hand smoke.
- Use alcohol in moderation, if at all

The second dimension of wellness covered is Emotional Wellness. Emotional Wellness is a dynamic state that fluctuates frequently with your other six dimensions of wellness. Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness, and anger. It means having the ability to love and be loved and achieving a sense of fulfillment in life. Identifying the obstacles that prevent us from achieving emotional wellness and taking appropriate steps to cope with such problems is also important. Emotional wellness encompasses optimism, self-esteem, self-acceptance, and the ability to share feelings.

Tips for optimal Emotional Wellness:
- Tune-in to your thoughts and feelings
- Cultivate an optimistic attitude
- Seek and provide support
- Learn time management skills
- Practice stress management techniques
- Accept and forgive yourself

Check out our next newsletter for more information on dimensions of wellness.

Source: www.wellness.und.edu/?page=20

7 Dimensions of Wellness
- Physical
- Emotional
- Environmental
- Spiritual
- Social
- Intellectual
- Occupational

“Seventy percent of success in life is showing up.”
- Woody Allen

Top Ten Reasons to Hire a Personal Trainer

1. You are not seeing results
2. You do not know where to start
3. You are bored with the same old workouts
4. You need to be challenged
5. You want to learn how to exercise on your own
6. You need accountability
7. You have a specific illness, injury, or condition
8. You are training for a sport or event
9. You want supervision and support during workouts
10. You want to workout at home

Source: http://exercise.about.com/od/personaltraining/tp/personaltrainer.htm
Take care of your body; it's the only place you have to live. –Jim Rohn

By: Amber Stephens
Let me tell you a little about my passion for health and fitness. I have to give most of the credit to my mother for sparking my interest for health and wellness at a very young age. She taught me to believe in myself, no matter what life brings my way! Throughout my adolescent years, I became very passionate about running. This passion led me to the privilege of running competitively at the collegiate level. I began attending college in 1999 at Colby Community College. By achieving athletic success there, I landed myself an athletic scholarship to run for the Cowgirls at OSU. Those times were quite the experience!

After making the decision to focus more on academics, I decided to go into the medical field and pursue a degree in radiology from Fort Hays State University. The experience of working in a hospital sparked something in me; my heart was telling me to return back to my element. I made the decision to apply to graduate school at FHSU, and my life took off from there. I was blessed to be an assistant cross country coach, as well as a graduate teaching assistant for two years. Before I knew it, I was graduating from Fort Hays State University with a master’s degree in Health and Human Performance.

I recently took the American Council on Exercise Personal Training test and became a certified Personal trainer. Becoming a personal trainer has always been something I dreamed of doing.

I am very passionate about helping people become aware of the benefits of leading an active lifestyle. When I’m not busy recruiting for NWOSU cross country or personal training, you can find me and my fiancé, Dustin Pfeifer making plans for a wedding this summer. My absolute favorite things to do include: playing fetch with my yellow lab “Bear”, engaging in physical activities, fishing, reading, and cooking.

In the tainted world that we live in today, exercise is one thing that remains pure. I believe that any person who chooses to engage in physical activity, will do nothing but better his/her existence. After all, without your health—nothing in life has much significance. Today, let me challenge you to put on your tennis shoes and head out the door for a walk, remember to SMILE on your way out! Anything is possible for those who believe it!

Group fitness is motivating. The social environment, high-energy music and instructor leadership encourage members to stay motivated, keep exercising and reach their goals.

In the journey of a thousand miles begins with a single step. -Lao Tzu

Wellness Center Exercise Class Schedule and Descriptions

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Pilates 8:30-9:30 A.M.</td>
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<td>Body Conditioning 5:15-6:00 P.M.</td>
<td>Kickboxing 5:15-6:00 P.M.</td>
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<td>Beginning Cycling 5:15-6:00 P.M.</td>
<td>Water Aerobics 5:30-6:30 P.M.</td>
<td>Beginning Cycling 5:15-6:00 P.M.</td>
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<td>Indoor Cycling 6:00-6:45 P.M.</td>
<td>Zumba 6:00-6:45 A.M.</td>
<td>Indoor Cycling 6:00-6:45 P.M.</td>
<td>Water Aerobics 5:30-6:30 P.M</td>
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<td>Zumba 6:00-7:00 P.M.</td>
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Healthy Diet Tips: Grab Monday by the Horns

If when Monday rolls around, you’re feeling fat, fatigued and grumpy, you know you’ve let yourself go during the weekend. Monday is notorious for being the toughest day of the week, especially if you’re trying to climb back on top of the weight-loss wagon, but there are strategies you can use to get yourself off to a better start. The first thing you can stop doing is using the weekend as an excuse to let loose and ditch all your good eating and exercising habits. In fact, your weekend is a key time to get in that hour-long hike you just can’t find the time to do during your busy work-week. Second, plan ahead for the week in front of you - meals, that is. Do your major shopping on the weekend and buy all the fresh produce you need to stock up for the entire week. Take time on Sunday afternoon to make a big green salad or crock of soup that you can eat from all week long. Wash and cut up various fruits and vegetables you can pre-bag for lunches and snacks during the week so you’re not tempted to turn to the vending machine at work for an afternoon pick-me-up. Last, gear up for the week ahead and a productive Monday by taking “you” time on the weekends. Don’t over-schedule yourself and commit to too many events. Take time to sit and read by the fire, draw a bubble bath and just relax, or strike a few yoga poses on your patio. With these three tips, you can start your Monday refreshed, renewed and relaxed with the energy to not only get through the week ahead but to take it by storm.

Source: By Jennifer Gruenemay, ACE-Certified, LifeScript Staff Writer

Healthy Fitness Tip: Free Weights Vs. Weight Machines

Choosing which weights to use all depends on your level of fitness. If you’re a beginner, you may be a little intimidated by the thought of picking up a dumbbell, and you’re right to feel that way. Weight machines are a good choice for you because they’re easy to use but will also stress your muscles enough for you to make significant fitness gains. However, if you’ve been exercising for awhile, it’s time you pumped up your workouts by switching to free weights, such as dumbbells and barbells. Since free weights literally have no strings attached, they force you to use stabilizer muscles throughout your limbs and in your core to create smooth lifting movements. That means you’ll get more out of your workout because you’ll be using your whole body, not just an isolated muscle, as you lift the weight. If you need to challenge yourself more on the machines but you aren’t ready to move to dumbbells quite yet, just increase the weight. When you are ready to transition, make sure you know how to use free weights safely, and have a buddy spot you if you’re going to lift heavy weights. This is true for beginners and experts alike. A lifting partner is so important that many gyms won’t let you do certain lifts, such as the bench press and barbell squats, without one.

Source: By Jennifer Gruenemay, ACE-Certified, LifeScript Staff Writer

Things To Watch For...........

- J.R. Holder Wellness Center would like to invite all faculty, staff, students, and community members to participate in a Four Week Poker Walk Challenge to help increase health awareness among our city and college community. The Challenge Begins Monday, March 3rd and ends Sunday, March 30th, 2008.
- For more questions concerning the challenge call the front desk at 580-327-8100.
- Prizes will be awarded at the end of each week.
- Lifeguard Certification Class will take place in the Yvonne Carmichael Aquatics Center the week of March 17th-21st
- First Aid/CPR Certification -Date/Time TBA
- New exercise class beginning in March... Zumba.

“...alone that supports the spirits, and keeps the mind in vigor.” -Marcus Tullius Ciero

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Source: By Jennifer Gruenemay, ACE-Certified, LifeScript Staff Writer

Northwestern Oklahoma State University

Fitness— if it came in a bottle, everybody would have a great body.

-Cher
The Power of Pilates: By Tina Baker

What is Pilates?

One of the most frequently asked questions I receive on a near daily basis is – What exactly is Pilates? More than likely you have read about or heard of the “latest fitness craze” but is it for real or just another passing fad? Nearly two years ago I myself was a bit skeptical of this type of exercise. I seemed to have the mentality of “no pain, no gain.” Boy was I wrong. I decided to give Pilates a try, with much urging from my fellow running buddy and workout partner, Kerrie Reasons. We logged many miles a week running, biking and swimming along with resistance training, but what I found at the end of the day was a lot of sore muscles (particularly in my back) which translated to many (at least 1-2 times/week) trips to the chiropractor.

After only a couple of weeks of Pilates, I figured out my core muscles were extremely weak and my hips were incredibly tight. I believe this was a main cause of my lower back pain (sciatica nerve) and chronic tightness in my hamstrings. After dedicating several weeks to my Pilates sessions, I became a true believer and advocate for this type of exercise. I have been chiropractic free for over a year and a half and more importantly have never felt stronger while running. My back, hip and hamstring pain is nearly non-existent. My entire body feels longer, leaner and stronger not to mention my posture is much better.

So to answer my questions stated above, I do not believe Pilates is another passing fad. It is a full body exercise program developed by Joseph Pilates in the early 1900’s. As a child, he was diagnosed with rickets. In order to develop and strengthen his frail body, he created the “Pilates Method,” also referred to as “Controlology.” He combined Eastern methods such as yoga that emphasize deep breathing and mental relaxation with Western methods that generally seek to maximize strength and endurance. The method he developed emphasizes body alignment and proper breathing techniques, using the abdomen, lower back and buttocks as the “powerhouse” and allowing the rest of the body to move freely. Pilates will stretch, strengthen and balance your entire body.

When doing Pilates, you use every muscle, not just isolated muscle groups. This results in your balance being much improved along with correcting your posture and strengthening your spine. The ultimate goals of this exercise method are gaining full body control, high degree of abdominal strength, greater flexibility, a stronger spine and the combined power of body and mind. With total concentration and body awareness (spine elongated, navel to the spine, chin to chest, engage your glutes, breathe, etc.), each exercise is performed for a low number of reps. The exercises are performed in a particular sequence emphasizing quality of the exercise vs. quantity.

By practicing Pilates faithfully (at least 2-3 times/week), numerous benefits will be noticeable. Your lung capacity and circulation through deep breathing should increase significantly. Strength and flexibility throughout the entire body, particularly the abdomen and back regions, will also improve dramatically. Posture, balance and core strength are all increased. Bone density and joint health are also improved. So as you read this article, you see Pilates is not just for the rich and famous, but rather for any individual young and old, fit or unfit.

We offer Pilates classes Monday-Thursday mornings from 8:30-9:30am by certified Pilates instructors. We would love to have you join one of our sessions and enjoy the many benefits Pilates has to offer.

What is the Latest Fitness Buzz?? ZUMBA!!!

It’s Fun! It’s Different!
It’s Easy! It’s Effective!
Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting, and effective system!

Zumba integrates some of the basic principles of aerobic, intervals, and resistance training to maximize cardio output, cardiovascular benefits, and total body toning.

Dancers and non-dancers alike immediately and easily master Zumba class because you do not have to know how to dance to succeed at Zumba.

Zumba is designed for everyone. Participants of any fitness level, any background, or any age can start to Zumba right away.

Source: Zumba 2006

Come join certified Zumba instructor Lindsay Stewart for our new fun and effective exercise class.

Tuesday 6:00 A.M.
Wednesdays 6:00 P.M.
Thursdays 6:00 P.M.
Recipe: Warm Up, Fuel Up, and Keep your Heart Healthy

**Tex-Mex Tomato Soup**

**Ingredients**

- Time: 50 minutes
- Servings: 6 (6 cups total)

- 2 carrots, chopped (about 1 c)
- 2 ribs celery, chopped (about 1 c)
- 1 red bell pepper, chopped (about 3/4 c)
- 1 tbsp olive oil
- 1 med onion, chopped (about 1 c)
- 1/4 tsp salt
- 1 lg can (28 oz) no-salt-added diced tomatoes
- 2 c water
- 1 can (15 oz) no-salt-added black beans, rinsed and drained
- 1/2 c cilantro leaves, chopped
- 2 tbsp chipotle chile pepper sauce (we used Tabasco brand)
- Freshly squeezed juice of 1 sm lime
- 3 corn tortillas (6” diameter), sliced into 1/4” strips
- 1/4 c + 2 tbsp fat-free sour cream (optional)

1. **PLACE** carrots, celery, and red bell pepper in small microwaveable bowl. Add 1/4 cup water, cover top of bowl loosely with plastic wrap, and microwave on high 5 minutes or until vegetables are just tender.

2. **HEAT** oil in stockpot over medium heat. Add onion and sauté until translucent, about 5 minutes. Add steamed vegetables and season with salt. Sauté an additional 5 minutes or until vegetables are slightly caramelized.

3. **ADD** tomatoes (with juice) and water. (Depending on the brand of tomatoes, you may need to add more water.) Add beans, cilantro, and chipotle sauce. Stir to blend, bring to a simmer, reduce heat to low, and cook 25 to 30 minutes. Add lime juice and top each serving with tortilla strips and a tablespoon of sour cream (if using) right before serving.

**Nutritional Info Per Serving**

- 138 cal, 5 g pro, 23 g carb, 6 g fiber, 3 g fat, 0.5 g sat fat, 0 mg chol, 186 mg sodium

Thanks to the beans and veggies, this soup satisfies more than 20% of your daily fiber needs.

"Tomatoes are a top source of lycopene. In a large, multicenter study, researchers found that women with high levels of the antioxidant had a 34% reduced risk of cardiovascular disease, compared with women with lower levels. Those who got plenty of lycopene were also more likely to have higher blood levels of other beneficial carotenoids such as lutein and beta-carotene."

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**No Sun? No Problem!....**

Have an Indoor Swim Party with Us!

Indoor swim parties are a fun and easy way to celebrate any occasion (birthday parties, scout functions, Little League celebrations, church groups, field trips). Private use of the facility with our certified lifeguards helps you put on a popular and exciting party. Call to reserve your date and get more information on our pool parties at (580) 327-8100.

Pool parties can only be held on Saturdays after 3:00 P.M. and Sundays before 4:00 P.M.

Cost is $40.00 per hour and this includes a lifeguard. Must have no more than 15 persons per lifeguard. Extra lifeguards are $10.00 per hour.

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**Give the Gift of Health**

Don’t forget J.R. Holder Wellness Center offers Gift Certificates for all of our services.

- Massages
- Pool Parties
- Personal Training Packages
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**J.R. Holder Wellness Center**

**Hours of Operation**

(Monday-Friday) 6:00 A.M.- 9:00 P.M.  
(Saturday) 9:00 A.M. - 3:00 P.M.  
(Sunday) 4:00 P.M. - 8:00 P.M.

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**Dr. Yvonne Carmichael Aquatic Center**

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