

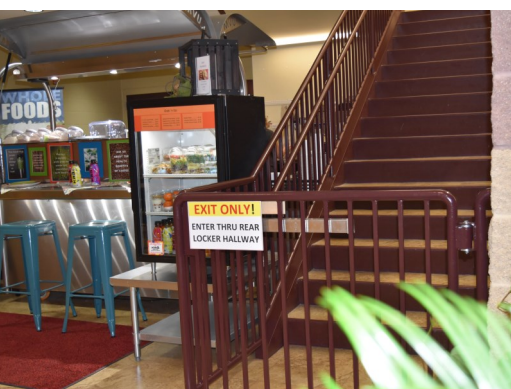


GETTING To The POINT

Issue 43
Mar/Apr 2017

We've had some questions concerning the new exit only gate on the set of stairs by The Blend. I'd like to address our reasons for this addition. We have added this for two reasons. One is to protect your membership that you are paying for and the other is to protect you by adding another safety precaution in gaining access to the gym. Since the day we opened almost 10 years ago, we have had an issue with people sneaking in and working out for free. And it is not just kids, it is people from ages 8-80.

We feel it is our responsibility to protect the membership that you have invested in against people taking it for free. The second reason is for your safety and protection. Last year, we had two women sneak up those stairs, come down the other set of stairs into the locker room and steal from a few lockers. Had this entrance to the fitness floor not been so easily accessible, the outcome of this incident may have been very different.



We take our responsibility to our members very seriously. We had a security audit of the building done and have acted on the suggestions made to help keep you, your family, and your belongings as safe as we possibly can. We know that change is hard, but we feel like we are acting in the best interest of our members. We appreciate you all very much.

- Vikki Poorman, GM

EMPLOYEE OF THE MONTH

February

Molly Salmon, Front Desk & Shift Leader
Julie Dadosky, Aquatics Instructor

March

Shae Harris, Sales & Marketing

FIVE POINTS WASHINGTON is lucky to have such a hard working & dedicated staff. Thank you for your continued efforts and job well done!

HOLIDAY HOURS

Closed Easter, April 16th

Have a nice holiday!

UPCOMING EVENTS/PROGRAMS

3/9-11 WCHS - Arsenic & Old Lace 7pm

3/13 March Nutrition Madness, 6 wk Challenge

3/18 Heartland Orchestra, Idol 7:30pm

4/7 & 8 Peoria Ballet, The Sleeping Beauty 7pm on 4/7 and 4/8, and 2pm 4/8

4/8 Underwater Easter Egg Hunt 9am

4/11 Mr. Smith Goes to Washington Matinee Movie at 2pm

4/20 Ozarks Jubilee, The Grand Ole Opry 12pm

4/22 Heartland Orchestra, Springtime in Paris 7:30pm

4/23 Indoor Triathlon 7:30am-noon

HAPPY ANNIVERSARY TO OUR EMPLOYEES

March

2nd - Zachary Poland
2nd - Brandon Watson
6th - Dawn Casey
6th - Rachel Cook
7th - Bryce Spaulding
11th - Chris Casey
11th - Christopher Vincent
14th - Morgan Anderson
16th - Ebbie Smith
18th - Kaleb Rhoades
18th - Adriann Streitmatter
21st - Kim Colclasure

April

5th - Joy Snyder
8th - Stephanie Bender
8th - Kelsey Williams
9th - Melanie Jennings
15th - Charles Hausam
17th - Natasha Killian
22nd - Dominique Depauw
23rd - Holly Porter
23rd - Shawna Wendte
27th - Heather Walden -Fox
29th - DeRicco Reed

WE appreciate the work and dedication in making Five Points Washington a welcoming place to be!



FIVE POINTS TEAM CONTACT

GENERAL MANAGER

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309.444.8222
vikkip@fivepointswashington.org

MEMBER SERVICES MANAGER

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BIRTHDAY PARTY COORDINATOR

ANGIE TRIBBETT
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angiet@fivepointswashington.org

BIRTHDAYS, KIDS CLUBHOUSE, & THE BLEND AT FIVE POINTS

CELEBRATING 10 YEARS!



Book A Birthday Party!

We are heading into our **busier season** when it comes to having a birthday party at Five Points Washington! We recommend you call us early to get the date and time you would prefer.

For more information on birthday parties or smaller room rentals, please call Angie Tribbett at 309-444-8299 or email angiet@fivepointswashington.org.

HAPPY BIRTHDAY!

THE BLEND

WHAT'S NEW FOR YOU AT THE BLEND! "Healthier Options for a Better YOU"

PROTEIN CUP and MEDITERRANEAN CUP (see nutrition facts →) NUTRITIONAL INFO

We have combo specials:

- a. Coffee + Muffin - \$0.50 discount
- b. Salad + ANY Matcha Drink - \$1.00 discount
- c. Kid's Smoothie + ANY other choice - \$0.25 discount
- d. Cookies + Milk - 1/2 off ANY size milk

We will be expanding our Friday & Saturday Hours later in March

We now are selling health club type merchandise. A great place to visit if you've forgotten something.

- ear bud headphones
- sweatband/headbands
- sweat towels
- water bottles

****PLEASE GIVE US HELP ON MORE OPTIONS, WHAT DO YOU AS MEMBERS NEED?**



The Blend at Five Points hours:

Mon - Thurs 6:30am - 8pm, Fri 6:30am - 1:30pm, Sat & Sun 8am - 1pm

Protein Cup

Calories.....	343
Fat.....	8g
Total Carb.....	55g
Fiber.....	12g
Sugar.....	9g
Protein.....	16g

PROTEIN CUP



Mediterranean Cup

Calories.....	279
Fat.....	9g
Total Carb.....	39g
Fiber.....	7g
Sugar.....	6g
Protein.....	11g

MEDITERRANEAN CUP



KIDS CLUBHOUSE

Interested in 2 FREE Hours of Child Care?

For members with a family plan, we offer **2 hours** of FREE child care. For more information, stop by our front desk or visit our membership page on our website. Not on our Family Membership? We can watch your child for a nominal fee while you workout.

Kids Clubhouse Hours: **Monday – Thursday: 8:15am – 1:30pm & 4:00pm – 8:30pm** **Friday: 8:15am – 1:30pm & 4pm – 7pm**
Saturday: 8:00am – 2:15pm **Sunday: 2:00pm – 6:30pm**



FITNESS & AQUATICS AT FIVE POINTS

CELEBRATING 10 YEARS!

FITNESS

#bthebestu

MARCH MADNESS...NUTRITION MONTH! 10% OFF!

MEET OUR PERSONAL TRAINER, MORGAN!

www.fivepointswashington.org/personal_training



Morgan Peil

My name is Morgan Peil. I received my Bachelor of Arts in Pre-Physical Therapy from Trinity International University in Chicago. I also received my personal training certification through the American Council on Exercise (ACE). Soccer has been a passion of mine for many years.

"Helping individuals attain their ultimate fitness goals is my priority." -Morgan Peil

March is
National
Nutrition
Month



Bite into a Healthy Lifestyle!

JOIN US FOR MARCH MADNESS, NUTRITION STYLE!

MEET WITH JOY GROVE ABOUT OUR PROGRAM, NUTRITION, HEALTHY FOR LIFE, TO LEARN MORE! Plus, when you sign up, you're entered in a 6 WEEK Nutrition Challenge GAME!! Sign up by March 13th to participate.

FOR THE MONTH OF MARCH, RECEIVE A 10% DISCOUNT ON THE NUTRITION, HEALTHY FOR LIFE PROGRAM!

For More Information
Contact Joy Grove, Fitness
Manager at
joyg@fivepointswashington.org
or 444-8222 x23

CLASS SPOTLIGHT FOR MAR/APR LIGHT N LOW

Light n Low is a class geared towards the **50 and up age group, but anyone is welcome!** During this hour-long class, enjoy a light warm up, followed by low intensity and low impact exercises for your heart, as well as exercises to strengthen and condition the muscles. We use the exercise balls, the bench for light cardio, and the resistance bands!
Classes offered T/TH 8:20-9:20 am

AQUATICS

FACILITY CLOSED EASTER, APRIL 16TH

GROUP SWIM LESSONS - MAR & APR

March Group Lessons:

Tues./Thurs. - Mar. 7th-30th
Sat. - Mar. 4th-25th

April Group Lessons:

Tues./Thurs. - Apr. 4th-27th
No Saturday lessons in Apr.

Visit our swim lessons page at www.fivepointswashington.org

WE'RE HIRING Lifeguards NOW!

+ BECOME LIFEGUARD CERTIFIED OR RECERTIFY!

CERTIFICATION Class: **RECERTIFICATION Classes:**
March 24 -26 **April 8th or 22nd**



Lifeguard classes fill up quickly, especially the closer we get to summer! We offer certification and/or re-certification classes. Registrations are now open. Visit our website and go to our Lifeguard classes page to see all class dates. Contact Aquatics Manager, Mollie Wright to find out more about our **certification** **re-imbursement program** at molliew@fivepointswashington.org.

SPECIAL
EVENT

5th Annual Indoor Triathlon

April 23rd

Sign up by April 17th

10 Min Swim/20 Min Bike/15 Min Run

Fees: Members \$20 and Non-Members \$25

Registration forms at the front desk

Part of the proceeds will be donated to the
Alzheimers Association

Easter
egg
hunt

FUN FAMILY EVENT!

**UNDERWATER EASTER EGG
HUNT**

APRIL 8TH 9-10AM

**FREE SWIM IMMEDIATELY
FOLLOWING**

MEMBERS: \$4/CHILD

NON-MEMBERS \$6/CHILD

**REGISTER AT FRONT DESK BY
APRIL 5TH!**

Visit our website or contact Mollie Wright, Aquatics Manager for more information at molliew@fivepointswashington.org

CATERPILLAR PERFORMING ARTS & BANQUET CENTER AT FIVE POINTS

EVENT SPONSORS...ALEXANDER FINANCIAL SERVICES jeffalexander.net **MTCO** mtco.com
UFTRING AUTO GROUP uftringautogroup.com & **WASHINGTON COMMUNITY BANK** HometownBanks.com

Mar. 18th 2017

Symphony IDOL heartland festival orchestra

Symphony Idol
 Starring American Idol Finalists:
 Matt Girard, Lakisha Jones,
 Haley Scarnato
 Saturday March 18th @ 7:30pm
 Caterpillar Performing Arts Center
fivepointswashington.org
 \$35 Adult or \$8 for child/student

Apr. 7th & 8th 2017

The Sleeping Beauty

PEORIA BALLET

Presents
The Sleeping Beauty
 April 7th at 7pm
 April 8th at 2pm & 7pm

\$25/adult or \$15/Student
 Or \$10 for children 10 and under
 Call 309-690-7990 for tickets

Apr. 22nd, 2017

heartland festival orchestra

Springtime in Paris
 Starring: Pianist, Antonio Pompa Baldi
 Saturday, April 22nd @ 7:30pm
 Caterpillar Performing Arts Center
fivepointswashington.org
 \$35 Adult or \$8 for child/student

Let's Go To The Movies! Enjoy the movie experience in our theater!



Five Points Movie Matinee Series

APRIL 11th at 2pm \$5/ticket

Mr. Smith Goes to Washington

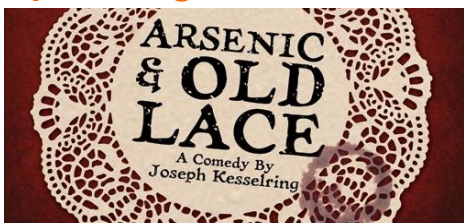
Purchase tickets online or at the front desk.

Upcoming Movie Dates: June 13th,
 August 15th, October 17th & December 19th

Youth Movie Events Coming Soon with Character Meet & Greet!

Contact **Brian Garnant**,
 Special Events Manager for
 questions or to rent the venue at
briang@fivepointswashington.org
 or 444-8600

Upcoming WCHS Events at Five Points Washington



WCHS Presents Arsenic & Old Lace
 Comedy by Joseph Kesselring
 March 9-11th 2017 at 7pm
 Tickets \$5/Students & \$7/Adult
 Purchase at the door

WCHS Band Concert, March 15th at 7:30pm **WCHS** City Band Festival, March 21st at 7pm
WCHS City Choir Festival, April 20th at 7pm **WCHS** Spring Chorale Concert, April 27th at 7pm



Ozark Jubilee presents **STARS OF THE GRAND OLE OPRY**
 April 20th at 12pm (Meal and Show)
 Tickets \$48 or groups of 20 or more \$45 each
 Call 877-461-4441 to order tickets

FIVE POINTS PARTNERS

CELEBRATING 10 YEARS!

Thank You Alexander Financial Services!

At our Cabin Fever Event in January, our Headline Event Sponsor, Alexander Financial Services, raised \$300 for the Weekend Snack Pac Program!

To learn more about how you can donate to the Weekend Snack Pac Program, visit

[Facebook/washsnackpac](https://www.facebook.com/washsnackpac)

K.J.S. KIDS

**CREATE. JUMP.
TUMBLE. SING. & DANCE!**

*For ages 1-6 years old
10 Week Sessions \$130*

Monday's 5-5:40pm (1-2 year olds)

**adult buddy for 1-2 year old class*

Monday's 5:45-6:25pm (3-4 year olds)

Monday's 6:30-7:15pm (5-6 year olds)

Wednesday's 9:30-10:10am (1-2 year olds)

**adult buddy for 1-2 year old class*

Wednesday's 10:15-11am (3-4 year olds)

**Registration NOW OPEN!
Classes Begin February 27, 2017**

Contact Jill James at
The dancedepot2012@yahoo.com
309-360-2023

MUSIC TOGETHER by Tracy Kramer

(\$155 for 10 weeks)

Monday 9:30am-10:15am or Tuesday 6pm-6:45pm

Register or Find Out More Information by Contacting Tracy Kramer at (309) 339-9067.

To learn more on housing your weekday business at Five Points, please contact Brian Garnant at 309-444-8600!