

# What's New: July 2010

*Realizing Lifelong Results*

## Golden Ocala Run for 9/11 - Building Love Out Of Destruction Saving Lives and Remembering Those Who Lost Theirs



*Presented by Golden Ocala Golf & Equestrian Club's Spa and Fitness staff! We invite all fitness levels to register for the 5k walk or 10k run to be held on Saturday, September 11,*

*2010. Join us for a morning of meaningful fun, food, and activities. Meet our Master of Ceremonies, Marion County's Sheriff Ed Dean, who will open the event with words of wisdom and a moment of silence. The national anthem will be presented by the Trinity High School Marching Band in honor of all the fallen heroes of 9/11. **SAVE THE DATE: Saturday, September 11, 2010***



*Erin Stern's Fitness Forum*

If you're trying to lose weight and feel hungry even after you eat, try adding protein to your meals. Research has shown that meals containing protein (such as chicken, fish, beef, or eggs) increase satiety. You can also kick start your metabolism with a healthy breakfast! Did you know that eating two eggs for breakfast can boost weight loss by up to 65%  
Enjoy!

## Fitness Classes/Family Fitness

### Complimentary Fitness Classes:

Monday: 10 a.m. Ballet Bar  
Wednesday: 10 a.m. Ballet Bar  
Friday: 11:30 a.m. Pure Stretch  
2 p.m. Ballet Bar

### Specialty Fitness Programs:

**Aqua Mommy & Me \$15**  
by appt on Saturday or Sunday

**Aqua Get Fit \$15**  
Tuesday: 6:30 a.m.  
Thursday: 6:30 a.m.



## Family Swim with Kara

Saturday, July 24th 2010



2 - 4pm



\$10 per person

For all ages!

Enjoy Family Pool Games and Fun!

RSVP to the Spa Front Desk  
352-402-4350