

# CLUB AFFINITY COMMUNICATOR



## Resident Mixers

1/31 – 6-8pm – Painting Party!  
BYOB. \$40 per person.  
Registration required!

2/26– 6-8pm - Cooking Class.  
Become your own personal chef.

3/29 –TBD - Red Rock Canyon  
Hike.

We look forward to having you at these special events! Please RSVP to Colleen Beck at 702-722-6045 or [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) at least one week prior to event.

See you there!

The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.  
~ Helen Keller

## Welcome New Residents

Your Club Affinity staff would like to welcome everyone to Affinity!

Want to get the most out of your club? Schedule your free orientation of the center and learn about all it has to offer!

We are excited to open our doors to you. Come learn about all the amenities awaiting just outside your front door. Visit our relaxing lounge, check out the state-of-the-art fitness center, WELLBEATS™, movement studio and more! Contact Colleen Beck at 702-722-6045 or [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com).

## Club Affinity Programming Needs Your Input!

We look forward to providing a wide variety of programs, special events, and quality leisure experiences that define the exceptional lifestyle enjoyed by our residents. Our goal is to make available the opportunities you seek so please fill out the PROGRAMMING AND ACTIVITIES SURVEY and return it to Colleen Beck, Lifestyle Director at Club Affinity or join us for “Coffee Talk” every month (check calendar for dates and times). We look forward to hearing from you!

**Here's what you need**

- ½ cup natural peanut butter or almond butter
- 2 tablespoons (or less) coconut palm sugar
- 1 teaspoon vanilla extract
- ½ cup flaxseed meal
- 1/3 cup unsweetened shredded coconut
- 1 tablespoon Lily's stevia-sweetened dark chocolate chips
- ¼ cup rolled oats
- ½ cup protein powder of choice
- ¼ cup coconut milk

**INSTRUCTIONS:** Combine all ingredients in a large bowl. Mix until fully combined. Chill in fridge for 15 mins. Form the chilled dough into 30 balls. Store in freezer, and then pack in Ziploc bags for on-the-go power snacking. Enjoy!

**Nutritional Analysis:** 69 cal, 4g fat, 3g carbs, 1g sugar, 41mg sodium, 1g fiber, and 7g protein.

### Recipe of the Month – Protein Power Bites

It's important to fuel tired muscles and refill energy stores after exercise, and while there are plenty of protein bars on the market, making your own protein snacks using wholesome ingredients will help keep you on track with your nutrition and increase fat burn. Whip up a batch of these tasty morsels to power you through the coming week. Courtesy of RealHealthyRecipes.com



## New Year's Lifestyle

### Make 2019 the best year ever!

We often here, New year new you, but let's switch gears and go for enhancing our lifestyle. Below are a few positive lifestyle enhancement strategies:

- Positive reinforcement
- Motivation
- Stress management
- Engagement in meaningful activities
- Support relationships
- Nutrition
- Environmental improvement

Join us at the club for mixers, group classes, free FST demos or just stop by to say hello. We are here to help make the most of your day, week, or month.



### Fitness Tip – Move your body every day of the week!

Remember to prioritize movement, not just the concept of “exercise.” Even on days you don't get a workout in, be sure you take a walk, stretch, stand, or dance! Your body was meant to move: enjoy it.

(Remember to join us every month for our FREE orientations or schedule with Colleen Beck by calling 702-722-6045 or via email [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com).)

## January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>HAPPY NEW YEAR!</b> Try Wellbeats today!	2 Personal Training Awareness Day <b>FREE 30-min sessions!</b> 5:30pm-Yoga Basics	3	4	5 10am-Yoga 2pm-FREE Equipment Orientation
6	7	8 9am-Body Burn	9 5:30pm-Yoga Basics	10	11	12 10am-Yoga
13	14	15 9am-Body Burn <b>Martin Luther King Day</b>	16 5:30pm-Yoga Basics	17	18	19 10am-Yoga 11am-Coffee Talk <b>Popcorn Day</b>
20	21	22 9am-Body Burn	23 5:30pm-Yoga Basics	24	25	26 10am-Yoga <b>Women's Healthy Weight Day</b> FREE Body compositions (Must schedule in advance) 2pm- <b>Commit to Be Fit Meeting</b>
27	28	29 9am-Body Burn	30 5:30pm-Yoga Basics	31 <b>Inspire Your Heart with Art Day</b> <b>Painting Party</b> 6-8pm - \$40		

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <b>Groundhog Day</b> 10am-Yoga
3 <b>Superbowl Sunday</b>	4	5 9am-Body Burn	6 5:30pm-Yoga Basics	7	8	9 10am-Yoga
10	11	12 <b>7am- Commit to Be Fit Meeting</b> 9am-Body Burn	13 5:30pm-Yoga Basics	14 <b>Valentine's Day</b>	15	16 10am-Yoga <b>7am- Commit to Be Fit Meeting</b>
17	18 <b>Presidents' Day</b>	19 Try Wellbeats today!	20 5:30pm-Yoga Basics	21 <b>10am-Healthy Weight Workshop</b>	22	23 9am-CTBF Class 10am-Yoga 11am-Coffee Talk
24	25	26 9am-Body Burn <b>Personal Chef Day</b> <b>6-8pm Cooking Class</b>	27 5:30pm-Yoga Basics	28		

## March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9am-CTBF Class 10am-Yoga
3	4	5 9am-Body Burn <b>Mardi Gras</b>	6 5:30pm-Yoga Basics	7	8	9 9am-CTBF Class 10am-Yoga <b>2-4pm-Mardi Gras Party</b>
10 <b>Daylight Savings Begins</b>	11	12 9am-Body Burn	13 5:30pm-Yoga Basics	14	15	16 9am-CTBF Class 10am-Yoga <b>Noon-2pm St. Pat's Party</b>
17 <b>Happy St. Patrick's Day</b>	18	19 9am-Body Burn	20 <b>First Day of Spring</b> <b>9am - Sloan Canyon Hike</b> 5:30pm-Yoga Basics	21	22	23 9am-CTBF Class 10am-Yoga 11am-Coffee Talk <b>3pm-FREE Equipment Orientation</b>
24	25	26 9am-Body Burn	27 5:30pm-Yoga Basics	28	29 <b>Take a walk in the park day</b>	30 9am-CTBF Class 10am-Yoga
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**Coffee Talk** – Once a month discussion of upcoming events, need to know, comments and concerns.

**Art Day** – Join us for a PAINTING PARTY in Lounge 2. Registration required. \$40 per person.

**Commit to Be Fit Challenge** – 12-week weight-loss & exercise challenge. Fun and exciting environment for residents to lose fat pounds and gain lean muscle to accelerate metabolism. Participants need to register and attend one of the scheduled meetings prior to start of program. \$180 per person. More details to be given at sign-up meetings or contact cbeck@wtsinternational.com.

**Healthy Weight Workshop** – Tips for losing weight and keeping it off.

**Cooking Class** – Learn how to be your own personal chef! Quick easy meal prep ideas and recipes.

**Mardi Gras Party**– When you're in New Orleans you can't help but feel festive. But since we're not in New Orleans, we're going to bring the spirit of Mardi Gas to us and celebrate in style. BYOB

**St. Pat's Party** – Join your neighbors and bring something green and edible to share. More details to come.

**Sloan Canyon Hike** – Details coming

**Body Burn** – Circuit class combining strength, stability, and cardio.

**Yoga** – Every Saturday is a different journey. From beginner to intermediate.

**Yoga Basics**– Learn everything you need to know to comfortably take a Yoga class.

**Wellbeats** – FREE virtual classes 24/7 in the movement studio. Easy to operate, fun to take!

**Personal Training Awareness Day** – Sign up for your FREE 30-min session!