

# Hallett Center of Crosby

www.hallettcenter.com

January 2019

218.546.2616



**Monday - Friday 5am—9pm    Saturday 7am—7pm    Sunday 11am—7pm**

## *Insurance Updates*

If you are changing your insurance in 2019, stop by the Front Desk to update your information and verify program or reimbursement eligibility.

Remember it is best if you call your insurance prior to coming in as plans are different and the Hallett Center does not have access to all the information.

Call 218.546.2616 or email Amanda at [adezeeuw@hallettcenter.com](mailto:adezeeuw@hallettcenter.com) with questions.

## *Blood Drive*

January 4th  
12pm—6pm

Register ahead with the Red Cross or drop in at the Hallett Center. Donors will receive a long sleeve t-shirt while supplies last.

It's a battle of the badges so when you donate, vote Police or Fire and the winning department gets to pie the other!

## *Swim Lessons*

Tuesday and Thursday

January 8, 10, 15, 17, 22, 24

Level 4 4:30pm-5:15pm

Level 5 5:30pm-6:15pm

Level 6 6:30pm-7:15pm

\$40 for members and \$50 for non-members

## *Personal Training Special*

4 Sessions for only \$100!

Maybe you're just getting started or need a maintenance check, maybe you need some new ideas...

Work one on one with Bailey to get a workout tailored to your body and goals.

Limit of 2 for new clients and 1 for current clients.

Contact Bailey at 218.546.2616 or

## *Indoor Triathlon*

One week to Swim 2 miles

One week to Bike 25 miles

One week to Run 6 miles

Exercise and track your own miles February 3rd-23rd

Register by January 18th to get a T-SHIRT

\$15 for Prime Pass holders and \$25 for members  
(members only)

## *Living Well*

Registration opens in January, classes begin in February. Six classes on fitness, nutrition and lifestyle.

## *Holiday Hours*

New Year's Eve 5am -6pm

New Year's Day 10am—3pm