

BITS OF SOUTH BELLEVUE

February 2015

see what's happening this month at SBCC

Summer Camp Registration begins February, 7th!

FEBRUARY 2015 HOLIDAY HOURS

MONDAY, FEBRUARY 16TH: 8AM-4PM

Personal Training is a life-changing investment in your health!

A certified fitness professional will assess your physical strengths and weaknesses and will create a personalized workout aimed at achieving your goals. You will be taught how to exercise safely and correctly, encouraged, motivated, and held accountable. You will work harder and smarter with a coach to get the results that you questioned were possible!

Meet our Personal Trainers at SBCC!



Mihai Suvagau



Sara Grandstand

PERSONAL TRAINING



Diane DeFuria



Diane Price

You can call our trainers directly to schedule a **FREE 30-minute personal training consultation!**

SBCC 9th Anniversary Celebration was a success!

thank you to those that participated



Over 500 TOTAL PARTICIPANTS!

Over 200 participants tried a new program for the first time!

Almost 100 participants were **BRAND NEW** to SBCC!

See you next year for the big 1 - 0!



February is...

Heart Month

During the month of February, Americans see the human heart as the symbol of love. This month is American Heart Month, a time to show yourself the love.

Learn about your risks of heart disease and stroke and stay "heart healthy." Try out these strategies!

Work with your health care team - Monitor your blood pressure - Get your cholesterol checked - Eat a healthy diet - Maintain a healthy weight - Exercise regularly - Don't smoke - Limit alcohol use.

MESSAGE FROM THE MANAGER

"Bits of South Bellevue is a great way to stay informed of what's happening in the current month. Keep up with new classes, special events, summer camps, and other valuable and helpful information. You can also view Bits of South Bellevue on our webpage – www.bellevuewa.gov/sbcc.htm"

– Brad Bennett, SBCC Manager



SOUTH BELLEVUE COMMUNITY CENTER

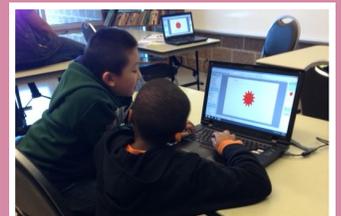
a partnership for a healthy community



Through partnerships and exceptional customer service, the South Bellevue Community Center provides accessible opportunities for recreation, fitness, education and celebrations to build a healthy community.



This month the kids at Bellevue Boys & Girls Club are working on new skills that could lead to becoming an illustrator, photographer, music mogul, video game creator, and much more for the Digital Arts Festival!



<https://digitalarts.bgca.net>