

[View this email in a web page](#)



Update from The W Aug 3

New rec brochure coming soon

The fall/winter rec brochure will be in the Waverly newspaper on Thursday, Aug. 17. Be sure to pick one up to learn more about the exciting programming we will offer later this year.

New specialty classes start soon

We have three new specialty class sessions beginning in the coming weeks. Our four-week Athlete Within, six-week TRX Fit Fusion, and 10-week FXT programs offer something for everyone with early morning classes and one evening class for FXT. Visit the [website](#) for more information.

Health coaching available

Leslie Lyons, The W's health coach, helps clients create a balanced road map to health. Combining fitness, nutrition, and other aspects of healthy living, including sleep, work, and interpersonal relationships, Leslie will help you explore concerns specific to your life and body and help find the tools needed for a lifetime of balance.

Best Dam Run registration open

Registration is now open for the Waverly Exchange Club's Best Dam Run on Saturday, Sept. 23. The event is sponsored by The W and Waverly Health Center. The event includes a half marathon and 5K run/walk. Early bird rates are available through Aug. 31 [online](#).

New membership perks at Subway

Members can now receive discounts at Subway by simply showing their member card when paying. Different Subway discounts will be available each week. Look for details on specific specials on the bulletin boards inside The W.

Private swim lessons full

Our summer private swim lessons are currently full, and we are

"There's a place for you at The W"

Hours

The W Hours:

Mon.-Thurs. 5 a.m.-9 p.m.
Fri. 5 a.m.-7:30 p.m.
Sat. 7 a.m.-5:30 p.m.
Sun. 11 a.m. (Fitness area only)
1-8 p.m.

Pool Hours:

Mon.-Fri. 5:15-7:45 a.m.
(vortex and lap swim only)
11 a.m.-1 p.m.
(vortex and lap swim only)
4-7 p.m. (open swim)

Saturday 7:30-9 a.m.
(vortex and lap swim only)
1 a.m.-5 p.m. (open swim)

Sunday 2-6 p.m. (open swim)

Climbing Wall Hours

Thurs.-Fri. 4-7 p.m.
Sat.-Sun. 1-5 p.m.

Child Care Hours:

Mon.-Fri.
8:30-11 a.m.
4:30-7:30 p.m.

Zesty Orange Hours:

Monday-Friday: 7:30 a.m.-6 p.m.

no longer adding to the waitlist. Registration for fall private lessons will open Thursday, Aug. 17.

Pool availability

Evening swim lessons are through Aug. 3 on Tuesdays and Thursdays, from 5:30 to 7:30 p.m. The north end of the pool will be closed during these times, but the vortex pool will remain open to exercisers.

Saturday: 9 a.m.-4 p.m.
Sunday: 1-6 p.m.



100 Wartburg Blvd.
Waverly, IA 50677
(800) 772-2085

W Welcome Desk: 319-352-8311 • [Email the W](#)

iMODULES Software, Inc.
7201 W. 129th St. Suite 100
Overland Park, KS 66213

If you wish to be removed from this group's mailing list, [click here](#)