

# AROUND THE ROUSE CENTER

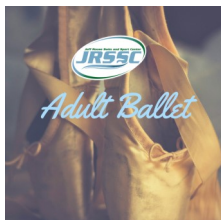
A weekly newsletter brought to you by the Jeff Rouse Swim and Sport Center

8.31.18

## Top stories in this newsletter



Fall Back Into Fitness



Adult Ballet



Labor Day Hours



Save the Date

## Fall Back Into Fitness



Need a jump start to the school year? Join us Saturday, September 8th for our "Fall Back Into Fitness" event! This is a free fitness event for the entire family. It will be held in the gym from 9am —10:30 am. It is open to all Rouse members ages 7 and up. There will be 10 fitness stations, raffle drawings, and a plank-a-thon.

Come join us for the fun!

## Adult Ballet



Ever wanted to learn the basics of ballet? Need to improve your posture? How about increase your balance and muscle tone? Join us and enjoy the beautiful music and graceful movements that have made ballet an enduring art form. Classes will be held on Thursdays at 7:15 pm beginning September 13th. This will be a 4 week session. Members: \$50; Non-Members \$63.

## Labor Day Schedule



The Rouse Center will be operating on a modified schedule in observance of the Labor Day holiday on Monday, September 1st. The facility will be open from 7am - 2pm. All areas of the facility will be open throughout this time. We will only be offering the 9:15am Kettlebell class, 9:15am Cycle class, and the 10:15am Cardio and Core class. We wish everyone a safe and happy holiday!

## Upcoming Events / Reminders!



**Pools Open** - All pools are back open and operational

**Youth Ballet** - Begins September 12th. Wednesdays 10:30am (3 & 4 yr olds); Wednesdays 4:15pm (Ages 5 and up). This is a 4 week session. Members, \$50; Non-Members, \$63

**Open House for Pickleball** - Sept 6th at 12:30pm

**Before & After Care** - Begins Sept 4th

**Fun Fab Fridays** - at 7:15pm - Sept 14: Funtensity; Sept 21: Maximum; and Sept 28: Hot Hula

**September 16** - REV3 Sprint Triathlon, Aquabike, Kids Tri

For more information: [rev3tri.com/Stafford](http://rev3tri.com/Stafford)

**Now Hiring** - Check out our website for details

Jeff Rouse Swim and Sport Center  
[info@rousecenter.com](mailto:info@rousecenter.com)  
1600 Mine Road, Stafford, VA 22554  
(540) 318-6332

[www.rousecenter.com](http://www.rousecenter.com)

