



ST. ANDREW'S WEEKLY REPORT

MAY 2020



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Live Group Fitness Returning to SAFFP

*by Emma Clark, St. Andrew's Family Fitness Plus
Fitness Director*

SAFFP's live group fitness classes are back beginning June 1st! Many changes have been made to help keep our members and instructors safe and we are excited to share them with you!

Due to the limited size of our classes reservations are now required for all classes (including Tai Chi and TKD). Reservations can be made online via the St. Andrew's Parks and Playground website by clicking [here](#). Open the live group fitness schedule and choose your class. You can also call 843-763-3850 or e-mail eclark@standrewsfitness.com

Many class times have been adjusted to allow for proper ventilation and cleaning of each studio, so please pay extra attention to the times and classes that you are choosing. We also ask that you do not sign up for classes weeks in advance. Focus on one week at a time when choosing classes so that way everyone can have a fair chance at reserving class spots.

SAFFP will also continue virtual classes. The updated virtual schedule is available by clicking [here](#).

All of the changes and adjustments can be viewed on our website, please review them carefully before making a reservation and arriving at the facility.

We are so excited to be welcoming back our group fitness family!

Meet the Instructor: Jennifer Grove

by Emma Clark, St. Andrew's Family Fitness Plus
Fitness Director

Meet Jennifer Grove!

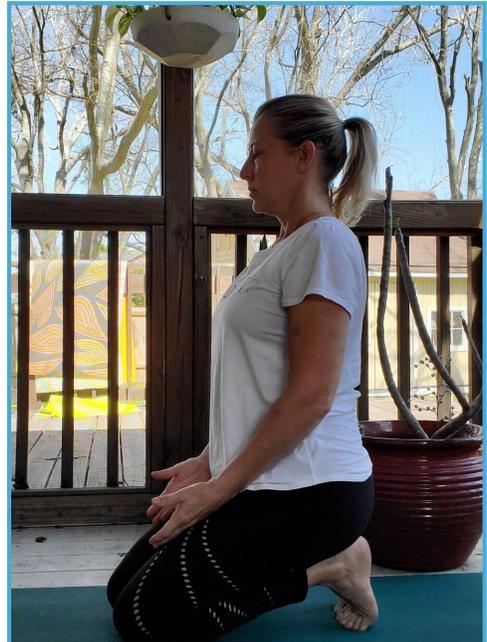
Jennifer is a yogi who identifies as "50% control freak and 50% people pleaser". First, she is a yoga student, and second a yoga teacher. Her students teach her in every class when they get on the mat. She is inspired by her practice; it is where she gets her best ideas! Jennifer began her yoga journey many years ago. She felt so drawn

and connected to the practice she began incorporating it into her daily life .and attended as many yoga classes as she could fit into her schedule!

Yoga has helped her learn presence, patience, allowance, how to breathe, to listen to her body, self-love, and so much more! It was ultimately her self-love journey that led her to enroll in a 200 hour teacher training program. In 2016, she began teaching in the Charleston area shortly after receiving her certification. Jennifer has continued her love of learning by continuously pursuing several other certifications surrounding the yoga world. Outside of yoga, there are various ways she likes to "cut loose" like creating any dessert imaginable from whatever strange ingredients she has in the cupboard, sipping on a delicious glass of vino or bubbles, kayaking and paddle boarding, spending time with her family, friends, her boyfriend, and puppy, or in her backyard gardening.

Jennifer loves to help others listen to what their body needs, flowing with their natural breath without judging themselves and helping them to realize whatever brings a smile and laugh to their belly.

Jennifer's yoga at SAFFP is every Wednesday and Friday morning at 10 am!
Beginners welcome.





Recipe Corner: Protein Packed Healthy Mac and Cheese

Looking for a comfort food indulgence without all the guilt? Try out this protein packed mac and cheese! Adapted from Eating Bird Food.

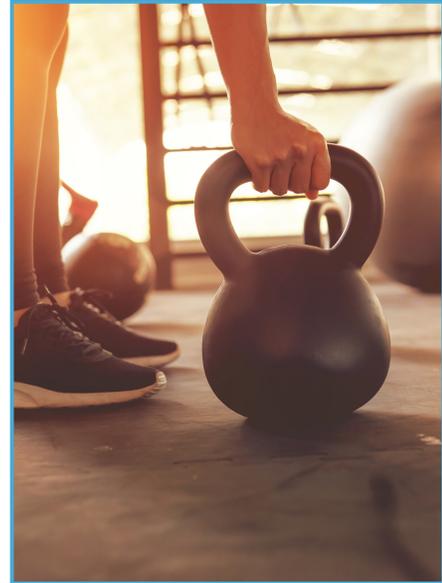
- 1 box (8 oz) Barilla Chickpea Rotini
- 4 cups broccoli florets
- 1 Tablespoon organic butter
- 1 cup milk (unsweetened almond, coconut, cashew milk would work here as well)
- 1 Laughing Cow spreadable cheese wedge
- 1 1/2 cups (6 oz) reduced fat shredded cheddar cheese (more, if needed)*
- 1 handful chopped baby spinach
- Sea salt and pepper, to taste

Bring a large pot of water to a boil. Add chickpea rotini pasta, return to a boil and cook for a total of 8 minutes, adding in the broccoli florets at the four minute mark. Drain pasta and broccoli. In the same large pot over low/medium heat add butter, milk, salt and pepper. Once butter has melted add in drained pasta and broccoli, spreadable cheese wedge and shredded cheese. Let cheese melt a little, about 30 seconds. Use a spoon to stir everything together until pasta is well coated with cheese, adding more cheese if needed. Add in chopped baby spinach and toss until wilted. Serve immediately with additional salt and pepper, if needed.

Parks & Playground Update

by Kevin Walsh, St. Andrew's Parks & Playground's Executive Director

We are excited to enter into Phase 2 of our Return to Work and Play Plan beginning June 1st! We are working frantically to get the delayed spring youth sports season going with those who decided to return and play through the summer. Participants should be hearing from their coaches soon. We will be lifting some restrictions at Family Fitness Plus, including racquetball and in-person group fitness with restricted class sizes. We are also ready to bring our kids back for summer camp beginning June 8th. Camp will not be the same as other years, but we will do our best to have fun while keeping everyone as safe as possible. We look forward to seeing you!



Sponsor Spotlight

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