



February 2019

We Have a New Community Manager!



This is Carla Mack-Williams, she recently started with us near the end of January and has been in the leasing industry for 21 years. She is locally from Huntsville, Alabama but has traveled to many fun places like Germany, Florida, Las Vegas, New York and Mexico throughout her childhood. With ten years of military background experience she is thrilled to give back to her military community with her new position. When she isn't hard at work she enjoys spending time with her family doing fun activities like bowling, golfing and recreational water sports. We are so excited to welcome her to the Redstone family! Be sure to say hi to her next time you're in the housing office.



huntcompanies.com



February Fitness Fun!

WHERE: HOUSING OFFICE
WHEN: SATURDAY, FEBRUARY 23RD 2019
TIME: 12PM-2PM

Get ready to pump up the jam! Please join us for a free fitness class at the housing office on Feb. 23rd. We will have a dance class to start for the first hour then a relaxing yoga session to cool down in the second hour. We will provide the equipment, space, light snacks and bottled water to help you power through your workout.

We only have enough room for at least 20 participants so don't forget to RSVP by February 21st 2019 by calling us at the office or just e-mailing us directly at david.ugarte@huntcompanies.com

Redstone
256-430-1517
redstonefamilyhousing.com

February Fitness Fun!

Are you ready to work it on out and get in touch with your mind body and soul? Then our February Fitness Fun Class is just the right step for you! Come and join us on Saturday February 23rd, 2019 from 12pm-2pm for a complimentary dance and yoga class right here at the housing office. We will provide all the workout equipment, music, space and have light snacks and beverages ready to help you power through the class like a champion! We only have room for 20 participants so be sure to RSVP by February 21st by e-mailing us directly at david.ugarte@huntcompanies.com or giving us a call in the office at 256-430-1517.

Hunt Update

We will be closed February 18th, 2019 for President's Day! If you are in need of any emergency work orders please contact the after hours emergency line at 855-627-3932



Presidents' Day, officially Washington's Birthday, in the United States, is popularly recognized as honouring George Washington and Abraham Lincoln. The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents.

Top 4 Easy Workouts at Home!

In celebration of our February Fitness Month check out these top four workouts to do at home!

- 1) **Dance.** Put on some music, grab your kids, your sweetie, or go solo and groove for at 15-30 minutes. If your neighbors see you in the window, give them a few tips about the benefits of easy exercise and invite them to join you
- 2) **Online workouts.** If you want to avoid the gym, exercise at home. It's easy to do with online workouts. Many of them are free and most offer easy workouts for beginners. Plus you can enjoy the benefit of working out in the privacy of your own living room.
- 3) **Chair Workout.** If you are not yet comfortable standing for long periods of time, grab a sturdy chair and complete 10-15 minutes of movement with this workout several times each week.
- 4) **Shadowboxing.** If dancing isn't your cup of tea, take advantage of the latest fitness craze and try shadowboxing at home. No equipment is required for this workout and it helps to decrease stress as well.

DEVELOP. INVEST. MANAGE.®

February

SUNDAY

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14 	15	16
17	18 	19	20	21	22	23 
24	25	26	27	28		



- TUESDAY



- WEDNESDAY



- THURSDAY

Please be sure to like us on Facebook now at Redstone Family Housing !

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