

2018

June 4-27
10am



SR Fit Group Training*

Join Personal Trainer, Tracy Carlson for this small-group training focusing on fall prevention, flexibility & balance, strength circuits and much more! Maximum 4 people per group. Sign up at the desk for this 5-week program. Fees apply.

June 6th
8:00-10:00am



Blood Pressure Screening

Sponsored by Ingalls Hospital, **FREE** Blood Pressure Screening in the Bettenhausen Coffee Room.

June 10th
2-3:30pm



Beach Bash

Ready, set, SPLASH! Sign up at the Fitness Desk for this exciting aqua party. Janet and Jeannie will be leading you in the pool for fitness AND fun & games in one great aqua workout. Set to your favorite beach music, this class will have you splashing to the sounds of summer while working on that beach bod! It is **FREE** to members, but registration is required. Limit 50.

June 13th
6:15-7:15pm



Tai Chi Workshop

Explore the many styles of Tai Chi with instructor Diane Ryan in this **FREE** to members workshop. Tai Chi is recognized for improving posture, balance, flexibility and respiration in addition to many other health benefits. Sign up at the fitness desk. Space is limited to the first 40 members.

June 19th



Water Works...

Stop by the Fitness Desk and hydrate with some ice cold H₂O. Find out what the health benefits are from the holiday inspired flavor of the day!

June 21st
7-8:15pm



Summer Solstice Yoga

This special yoga class replaces the regularly scheduled 6:15pm yoga in the Aerobic Studio. Yoga instructor Melissa will lead a salute to summer yoga outside in the lawn of the bandshell for a celebration of the longest day of the year. This class is **FREE** to members and \$5 for non-members. Pre-registration is required. Limit 40. In the case of inclement weather, guests may still attend and the class will be moved back into the Aerobic Studio. Please bring your own mat. No equipment will be provided.

June 26th
12-12:45pm



Balance & Flexibility Workshop

Join Silver Sneakers instructor Lorraine for 45 minutes of balance, strength & functional improvement, gait training, fall prevention and cognitive health exercises. Learn specific exercises to improve strength and power around the ankle knee and hip joints while improving your reaction time. This class is **FREE** to members. Limit 40. Pre-register at the desk.