















Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Blood Pressure Screening 8-10am 	2 In the Park: Pete's Dragon	3 Watermelon Day 	4 National Disc Golf Day 
5 There's still time to visit White Water Canyon... 	6	7	8 Triple Play Punch Pass* 	9 In the Park: Five Guys Named Moe	10	11
12	13	14	15 Triple Play Punch Pass* 	16 In the Park: School of Rock & Monsters U	17 Water Works... 	18 World Honey Bee Day 
19 Ride a bike on one of Tinley's beautiful trails! 	20	21	22 Triple Play Punch Pass* 	23	24	25 Back to Fitness Fair only 2 weeks away...details to follow!
26	27 Body Blast Boot Camp*  5:35am	28	29	30	31 Body Blast Boot Camp*  5:35am	

Blood Pressure Screening

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

Triple Play Punch Pass*

Purchase this class pass to join a circuit style training class and "play" with 3 types of equipment each week. Personal Trainer, Morgan, will build Gliding Discs, Battle Ropes and the Bosu into every workout. Receive a punch for every class you attend. Complete the Triple Play Punch Pass and earn a summertime prize for strengthening your body times three in this fun new format.

Water Works...

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

Body Blast Boot Camp*

Join Natalie for this exciting class of intense, fast-paced cardio and strength that produces maximum benefits while burning maximum calories all before 7am! Plyometrics, athletic sports drills and resistance and cardio training are combined to create muscle confusion so you never plateau.



*Additional Fee Required. Please register at the Fitness Desk.