










Fitness Events Schedule



March 2010

WELLNESS MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2	3 FREE 30 minute stretch 10:30- 11am FREE Workshop Runner's Strength	4 FREE Body Rolling Hips & Legs 5:30pm	5 FREE 30 minute stretch 10:30- 11am	6 FREE Wellness Day 9am-12pm
7 	8 FREE HeartRate Training Seminar 7pm	9	10 FREE 30 minute stretch 10:30- 11am FREE Workshop Runner's Strength	11 	12 FREE 30 minute stretch 10:30- 11am	13 Youth Certification
14 FREE DEMO CLASS Feldenkrais 1:00-2:30pm	15 FREE Pilates Open House!	16	17 FREE 30 minute stretch 10:30- 11am  St. Patrick's Day	18 FREE Body Rolling Back & Neck 5:30pm	19 FREE 30 minute stretch 10:30- 11am	20 FREE Pilates Open House! 
21 MIND/BODY AFTERNOON	22	23 FREE Body Rolling Feet & Lower Leg 8:30am	24 FREE 30 minute stretch 10:30- 11am FREE Seminar Healthy Sleep 7:00pm	25 	26	27 Youth Certification
28	29	30	31	SPRING BREAK 		
31 See the Program desk for more information & sign-up. x575						

Free Self Care Classes & Wellness Open Houses

RENEW

Heart Rate Training for Increase Results- Learn how heart rate training can assist you in training smarter with increased results.

Runner's Strength- Learn a strength training routine & improve your stamina & power for 5K, 10K, & more!

Pilate's Open House- Two Chances to experience a free 30-minute pilate's reformer session! Sign-up begins March 8th for March 15th Open House, and sign up for March 20th Open House begins March 16th.

Mind/Body Afternoon- Spend a Sunday afternoon indulging your mind, body, & spirit in this unique group fitness experience! The afternoon begins with a 45-minute soulful journey in a mind/body spin class. Next, take a 30-minute body rolling class to sooth your muscles & increase flexibility. The last 30 minutes will relax the body, mind & emotions in a meditation/relaxation class.

RECOVER

30-minute Stretch- Take advantage of these regularly scheduled flexibility classes to lengthen muscles, prevent injury & improve mobility.

Body Rolling- Participants use foam rollers and body rolling balls to stretch muscles, dislodge tension and discomfort, increase blood flow, and promote healing. Specific areas of the body will be highlighted as scheduled on the calendar.

Healthy Sleep- Are you or your clients experiencing sleep deprivation with all the resultant negative physical problems? Poor sleep habits in the past 10 years have resulted in an enormous increase in prescription sleep medication. This special lecture will give you a lay person's understanding of our circadian rhythm, which contributes to a good night's sleep and how we can work with it rather than against it.

RESTORE

Feldenkrais Workshop- Awareness through movement, this method uses gentle guided movement to improve function, and increase ease and range of motion. It can benefit those experiencing chronic or acute pain, as well as healthy individuals who wish to improve their movement abilities.

Health Screening- Come join HealthTrack & Advanced HealthCare for a morning of overall health and wellness screening. We will help you get an idea of where you are and where you should be. We will have professionals to answer your questions and point you in the right direction to better health. Wellness day includes: Cholesterol screening, bone density, gait scan, body fat, hand grip, and vertical jump.