



COMMUNITY WELLNESS DAY

FREE DROP IN ACTIVITIES

September 24, 2014

Time	Studio A/B	Studio C/D	Training Pool	Pool	Meeting Room 2/3	Courts	Gym	Weight Floor	Outside
10:15 – 11:15		Preschool Tumble Time							
10:30 – 11:15	Active Older Adults								
11:00 – 11:45					Karma Yoga		Adult Basketball		
12:00-12:30	On the Ball	Cardio Core	Aquatic Boot Camp	Beginner's Swimming Lesson*		15 Minute Intro to TRX * 12:00 12:15 12:30 12:45	Tabata	Kettlebell Demo	Outdoor Boot Camp
12:30-1:00				Stroke Improvement*				Women's Resistance Training	
1:00-1:30	Zumba Gold					XFit *	Drop In Basketball		

* Limited spaces available. Please pick up your access pass at Member Services



Building healthy communities