

Spring Fitness Calendar Details

April 8, 2013

Spring Fitness Challenge Begins

Mondays:

Bring a Healthy Snack Day; recipes will be e-mailed to participants in advance to help with your weekend shopping.

12:00: Meet at Centennial Park (by the Transfer Station) and walk with Kim Carley and Dawn Reynolds (e-mail them if you want details).

Tuesdays:

Take the Stairs Tuesday! Learn to say “No” to the elevator button. You might just take the stairs every day.

12-12:45: Water Aerobics hosted by Deb McLarnon. Meet at Carroll College PE Center. Fee is \$2/visit. Punch cards available at Carroll. Only offered on April 9, 16, 30 and May 7 (e-mail Debbie McLarnon for details).

12:00-1:00: Park Fit begins June 4-Details to come!

Wednesdays:

12:00-12:45: Meet at the back of the City-County Building for a 45 minute walk with Carrie Hahn (e-mail Carrie for the details).

Beginning June 11; Last Chance Splash-City Pool opening.

Thursdays:

12:00 Wellness Support Meetings; Room 426 of the City-County Building. Everyone welcome. Over lunch share recipes, talk about struggles, snack ideas, fitness programs, being successful!

5:10-?: Hike the Hills Thursday. Meet behind the City-County Building for an evening hike. Decision on length and location depending on attendees' requests. Hosted by Morgan Maynard-Dixon (e-mail Morgan for details).

Fridays:

Health Lunch Fridays. Recipes will be sent in advance for your Friday; gearing into a healthy weekend.

June 14, 2014

Spring Fitness Challenge Ends- BUT YOU DON'T HAVE TO STOP!