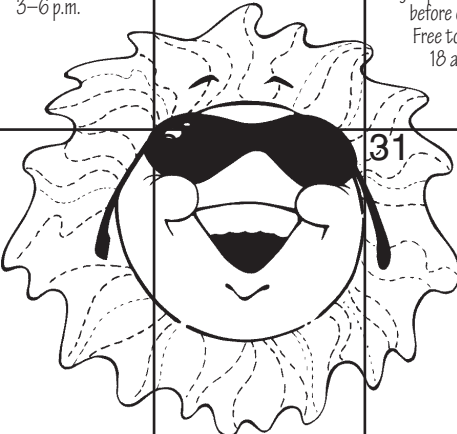


# August 2010

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday      | Saturday   |
|---|---|--|--|--|-------------|--|
| 1   | 2 <b>SENIOR BALANCE</b><br>Increase your balance, coordination, functional strength, and range of motion. Join this fun group of seniors as they exercise their way to better fitness. Most exercises done in a chair. Resistance equipment used.<br>Mondays, Wednesdays and Fridays, 10-10:45 a.m. | 3  | 4 <b>TURN UP THE INTENSITY!</b><br>Join Fitness Associate Troy Cochran to learn how to take just about any exercise you do and turn up the intensity ... without costing you extra hours at the gym.<br>Wednesday, Aug. 4, 6-7 p.m.<br><u>Register by Aug. 2</u> | 5  | 6           | 7 <b>INTRODUCTION TO THE PRINCIPLES OF PILATES</b><br>Learn the theory and concepts underlying the Pilates routine to enable maximum performance.<br>First Saturday of the month 10-10:20 a.m. |
| 8   | 9 <b>CHOLESTEROL GLUCOSE AND BONE DENSITY SCREENINGS</b><br>Pay with cash or check made out to Wellness Services. No appointment is necessary.<br>9 a.m.-noon   | 10 <b>Sun Style Tai Chi for Arthritis</b><br>Class is 45 minutes and chairs will be used as a prop for balance and flexibility.<br>Tuesdays & Thursdays, 2-2:45 p.m.   | 11   | 12 <b>High Intensity BOSU</b><br>This advanced class incorporates interval training—the most effective way to burn calories and build endurance.<br>Thursdays, 6:30-7:30 p.m. and Mondays 9:40-10:45 a.m.                              | 13          | 14   |
| <p><b>Indoor pools closed for annual maintenance the week of August 8-15.</b><br/> <b>Outdoor pools stay open August 27 - September 12, 11 a.m. - 6 p.m weekends only!</b></p>  |   |  |  |  |             |  |
| 15 <b>INJURY CONSULTATIONS</b><br>Do you have a nagging ache, pain or injury that is affecting your workout or some other aspect of your daily life? Hudson Physical Therapy and Sports Care will provide free physical therapy screenings to help you resolve your problems. Pick up your free coupon at the fitness desk. | 16  | 17 <b>PRE-SURGERY WORKOUT</b><br>Specially designed exercises performed before surgery can help decrease your post-operative recovery time. Each exercise program designed specifically for the type of surgery you'll be undergoing.<br>FREE informational meeting Tuesday, Aug. 17, 6-7 p.m.<br><u>Register by Aug. 13</u> | 18   | 19 <b>LAZY DAYS MEMBER HAPPY HOUR</b><br>Cabana Bar and outside pool<br>6-7 p.m.   | 20          | 21   |
| 22 <b>FAMILY ROCK WALL CLIMBS</b><br>Bring the whole family out for an afternoon of fun and adventure on the wall. A climbing instructor will assist all family members.<br>Sundays 3-6 p.m.  | 23  | 24 <b>SPINNING</b><br>Just as the roads outside are endless and always different, so are our Spinning rides. Check the spinning bulletin board for this month's schedule of class Sign up at the front desk before class time. Free to members 18 and over.  | 25 <b>KICKBOXING WITH INTERVALS</b><br>Expect to be constantly challenged as you burn calories and boost your metabolism. Use various pieces of equipment, including the Bosu Balance Trainer, medicine bal, hand weights<br>Wednesdays, 6:30-7:30 p.m.          | 26 <b>YOGA</b><br>Learn techniques to help you experience a healthier, more flexible body and mind, free from everyday tension and anxiety. Registration is not required; go directly to class.<br>Beginners<br>Thursdays, 7-8:30 p.m. | 27          | 28   |
| 29  |    |  | 31   | September 1  | September 2 | September 3  |
| <p><b>Kids are back in school—what are you doing for yourself to get and stay fit?</b></p>  |   |  |  |  |             |  |
| <p>September 4</p>  |   |  |  |  |             |  |

**PLAY ... LEARN ... GROW!**  
**LIFECENTER PLUS SUMMER CAMPS**  
**RUN THROUGH WEEK OF AUG. 13.**  
 Full-day: 9 a.m.-3 p.m. / Half-day: 9 a.m.-noon

**Summer Drop-In for Kids 6-11**  
**Monday through Friday, 9-11 a.m.**  
**Free to Youth Members. \$5 for others**

**Kids are back in school—what are you doing for yourself to get and stay fit?**