

July, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Training Program available! “Iron Maidens!” See Front Desk for more information.			1	2 Weight Watchers Meeting at 5:30pm (R1)	3	4
5	6 Intro. To Yoga 4:30 - 5:15pm w/ Paula (R1)	7 Weight Watchers Meeting at 10am (R1)	8 Intrinsic Foot Strengthening 11:00am (Track) \$	9 Weight Watchers Meeting at 5:30pm (R1)	10	11
12	13 Beat PD Today Info 11:00am Intro. To Meditation 7 - 8pm w/ Jennifer (R2) \$ Intro. To Yoga 4:30 - 5:15pm w/ Paula (R1)	14 Weight Watchers Meeting at 10am (R1)	15 Intrinsic Foot Strengthening 11:00am (Track) \$	16 Weight Watchers Meeting at 5:30pm (R1)	17	18 Team Phys-Ed at the Hopkins Sprint Triathlon
19	20 Beat PD Today Info 11:00am (R2) \$ Intro. To Yoga 4:30 - 5:15pm w/ Paula (R1)	21 Weight Watchers Meeting at 10am (R1)	22 Beach Boot Camp! 6am w/ Valerie at Millstone Ridge	23 Weight Watchers Meeting at 5:30pm (R1)	24	25
26	27 Beat PD Today Info 11:00am (R2) \$ Intro. To Yoga 4:30 - 5:15pm w/ Paula (R1)	28	29	30	31	

Schedule of Events for July

- **Beach Boot Camp:** Wednesday, July 22nd from 6:00am - 7:00am at Millstone Beach, located off Candlewood Lake Rd. North (pre-register and Valerie will call you w/ directions). Join Coach Valerie to take your workout outside for a 45 min. metabolic conditioning class specifically designed to improve your cardiovascular and muscular endurance. Each workout will end with a guided stretch while relaxing on the beach. \$20 for members and non members. Please pre-register at the Front Desk.
- **Beat PD Today:** Mondays from 11:00am-12:00pm . Join Michelle Hespeler for this 8 week Functional Interval Training Program made specifically for people with Parkinson's. The first class is informational and free! Follow that with an 8 week program designed to help alleviate Parkinson's symptoms. \$150 for members and non-members. Please register at the Front Desk.
- **Intrinsic Foot Strengthening:** Wednesday July 8th and 15th at 11:00am. Eric will guide you through this program of foot strengthening exercises designed to help alleviate most foot and ankle issues. Each class will begin with a handout of the coming weeks prescribed exercises, a 30-45 minute hands on class and a final question and answer period. \$79.00 for 4 classes for members and non members. Please pre-register at the Front Desk.
- **Introduction to Meditation:** Monday, July 13th from 7 - 8pm. Always wanted to try meditation? Join Jennifer for an introduction to the basics of how to meditate. Learn how to stay on track with your mediation practice and try different methods to see what style works for you. This class is a fun way to see what meditation is all about and how to benefit from this simple but health boosting and stress busting practice. \$15 for members, \$20 for non members. Please pre-register at the Front Desk.
- **Introduction to Yoga:** Every Monday in July from 4:30pm - 5:15pm. Join Paula for this beginner Yoga class for people with physical limitations. You will learn basic poses and modifications you can take into your Yoga practice. Learn how to properly stretch and also gain balance and strength. Please pre-register at the Front Desk.
- **Triathlon Training Program:** 10 week Adult Triathlon Training Program kicks off, 7:30am at Lake Waramaug. The 10 week adult training program will prepare you for the 2015 Hopkins Sprint Triathlon. 10 week Program for members is \$400 and \$450 for non members. Drop in sessions are also available, \$40 for members and \$45 for non members. If you would like more information, please contact Chris at: cpapsin@yahoo.com. To register for any of the drop in sessions, sign up with the Front Desk.
- **Weight Watchers Meeting:** Every Tuesday at 10am and Thursday at 5:30pm at Phys-Ed. Inspirational an informative meetings for Weight Watcher participants.