

HEALTHY LIVING WEEK

9/18: CONNECTING YOU TO A STRONGER HEART

- . 6:15 & 9:10am: Cycling-Lg Studio
- . 11:30am: Cardio Mix-Lg Studio
- . 12:15pm: Community Walk on the Riverfront Trail-meet at Levee
- . 4:00-5:15pm: Self Defense class-School Age room
- . 6:30pm: ZUMBA -Lg Studio

Raffle: blood pressure cuff and Chamber bucks



HEALTHY LIVING WEEK

9/19: FIND YOUR ZEN

- 10:15am & 6:30pm: YOGA-
Lg Studio
- 12:30pm: Start up Meeting for
Community Book Read at Mandy's
Coffee Shop-In Defense of Food
- 5:00pm: Tai Chi in Levee Park
- 6:00-8:00pm: Climbing Wall and
Grasshopper Floats

Raffle: yoga mat, block and
strap + Y bag



HEALTHY LIVING WEEK

9/20: JUST ADD WATER

- . 6:30am: Rhythm 32 pop up water class with Beth
- . 9:00am: Intro to Pulsepoint Barre Class in School Age room
- . 1:15pm: Hoopin' in Levee Park
- . 5:00pm: Intro to Pilates in Small Studio
- . 4:00pm: Log Rolling for families
- . 6:00pm: Open Swim and Slide
- . 6:00pm: TRX demo-Sm Studio
- . 6:30pm: Kick Off Party for the 'Whittle Your Middle' Challenge in School Age Room

Raffle: waterproof i-pod, ear buds and towel service



HEALTHY LIVING WEEK

9/21: FUNCTIONAL FITNESS

- 6:15am: Kettlebells with Ellen-Lg Studio
- 9:00am: Pre-Post Natal Class- School Age Room
- 10:00am: TRX with Elizabeth-Sm Studio
- 10:30am: Sweet Banana Treat-Family Lounge
- 12:30pm: Foam Rolling Workshop with Missy-Small Studio
- 5:00pm: Paddleboard at Camp Pepin

**Raffle: 6-week Specialty Class
and a Foam Roller**



HEALTHY LIVING WEEK

9/22:

. ZIP and SIP Parent's Night Out

Zip and Sip starts out at Camp Pepin. You will be zipping through the trees on our zip line and enjoying our beautiful property in Stockholm, WI.

We will end our night sipping wine and dining at Villa Bellezza in nearby Pepin, WI. Dinner and Wine are not included. Price for this event is \$27 per Adult. \$25 per Child.

Child Care is available at Camp Pepin. Please bring any items your child will need for the evening including meals and snacks.

Register now by calling Red Wing Family YMCA (651)388-4724

