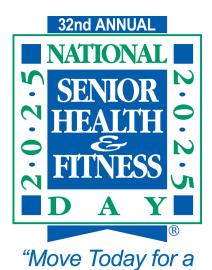


WED. MAY 28 7:00AM - 12:30PM

- » Fitness Classes
- >>> Wellness Activities
- »Speakers & Clinics
- »Fun & Prizes!



Better Tomorrow!"

FREE &
OPEN
TO THE
PUBLIC

Questions? Contact Michelle at mcords@mankatoymca.org

Check in at the front desk & pick up an activity card. Attend at least 5 activities and you'll receive a prize!

## **SCHEDULE**

- 7 8:30am Event Kick Off: 1 Mile Walk/Run on Red Jack Trail (start at the bottom of the stairs)
- 8 8:50am Water Interval, Lap Pool
- 8:15 9am Cycling w/Paul, Cycling Studio
- 8:30 9:20am Low Impact HIIT (Step/Strength), Aerobics Studio
- 9:25 9:45am Virtual Stretching, Aerobics Studio
- 9:30 10am Pickleball, Blue Gym
- 9:30 11am Foot Clinic with Public Health Nursing Program at Rasmussen College, Room 103
- 10 11am Tai Chi, Aerobics Studio
- 10 10:50am Aqua Mix, Lap Pool
- 10:30 11:30am Nutrition Q&A +
   Make & Take Energy Balls with Emma

   Smith, MSU Dietetics Program
- 11:30 12:30pm Guest Speaker:

  Dawn Zollars from Building Resilience