



# NATIONAL SENIOR HEALTH & FITNESS DAY

**WED. MAY 28**  
**7:00AM – 12:30PM**

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



*"Move Today for a Better Tomorrow!"*

**FREE  
&  
OPEN  
TO THE  
PUBLIC**

Questions? Contact Michelle at  
[mcords@mankatoymca.org](mailto: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