



TRIPS

Spamalot Dinner & Theatre Package **NEW!**

Join us for a trip to Drury Lane Theatre to see the Tony Award winning musical Spamalot. The bus will depart from the Community Center at 2:00 pm and arrive at Drury Lane for 3:30 pm pre-show dinner. The performance Spamalot will begin at 5:00 pm and the bus will depart immediately following the performance.

Age: All Ages (17 & under must be accompanied by an adult)
Date: February 19
Location: Drury Lane
Min/Max: 20/50
Prog # Day Time Fee*
 6701-4 Sat 2:30-8:30 pm \$90 R/\$135 NR

*Fee includes transportation, dinner, and theatre ticket.

Fitness Myths **NEW!**

This informational session is designed to look at some of the popular fitness myths and covers such topics as:

- Stretching vs. a dynamic warm-up
- What are proper abdominal exercises
- Women and lifting
- Bulking up
- Spot reducing
- How stationary cardio equipment can cause low back pain
- "No pain, no gain"

Age: 14 years & over
Date: January 25
Instructor: Bill Phan & Chris Evon
Location: Community Center, Room 1F
Min/Max: 8/30
Prog # Day Time Fee
 1001-4 Tue 6:30-7:30 pm \$20 R/\$30 NR

Nutrition & You **NEW!**

Don't set yourself up for failure by falling for the latest fad or miracle diet. You don't have to completely overhaul your life to start seeing positive results. Come and learn some key principles in setting up and maintaining a healthy diet and lifestyle.

Age: 14 years & over
Date: February 8
Instructor: Brian Cronin
Location: Community Center, Room 1F
Min/Max: 5/25
Prog # Day Time Fee
 1003-4 Tue 7:00-8:00 pm \$10 R/\$15 NR

Alleviating Pain **NEW!**

Improving your posture is a critical step to help minimize those nagging aches and pains. This seminar will give you simple and practical tips and exercises to help you move easier with less pain.

- Learn how to evaluate your posture.
- Identify muscle weaknesses in your body and learn how to correct them.
- Take home five practical exercises you can use anywhere.
- Learn proper breathing for maximum energy and better health.

Age: 14 years & over
Date: February 23
Instructor: Bill Phan & Chris Evon
Location: Community Center, Room 1F
Min/Max: 8/30
Prog # Day Time Fee
 1002-4 Wed 11:00 am-12:00 pm \$20 R/\$30 NR

Balance and Balance Recovery **NEW!**

Have you fallen or do you worry about taking a bad fall? Improving balance alone does not help prevent falls. Learn to specifically train your "Balance Recovery Reactions". By incorporating simple exercises into your daily routine, you can avoid the falls that can lead to serious injury and time away from the things you enjoy doing most.

Age: 14 years & over
Date: March 23
Instructor: Bill Phan & Chris Evon
Location: Community Center, Room 1F
Min/Max: 8/30
Prog # Day Time Fee
 1004-4 Wed 6:30-7:30 pm \$20 R/\$30 NR



Join us for the 2nd Annual

WELLNESS FAIR

Thursday, January 20

4:00 - 8:00 pm

Community Center West Shelf

- Renew or sign-up for a Fitness Center pass
- Meet our Personal Trainers
- 5 minute massages
- Mini fitness assessments (Sign-up at the Fitness Center desk)
- Spinal and back evaluations
- Explore outdoor fitness options

PRIZES raffled throughout the night!
EVERYONE INVITED!