

SPECIAL EVENTS:

JUNIOR JAZZERCISE HALLOWEEN PARTY

Junior Jazzercise

HALLOWEEN PARTY

For Grandparents & Grandkids
10:30am-12pm

MVL Fitness Studio

- **DANCING**
- **TRICKY GAMES**
- **TASTY TREATS**

Costumes encouraged!



SLEEP BETTER WORKSHOP for WOMEN

At times everyone experiences the inability to enjoy a good night's sleep--especially in times of stress, like the holiday season.

This *Sleep Better Workshop for Women* discusses five common sleep disorders and how to overcome them which includes the many benefits of yoga.

Discussion is followed by 40 minutes of yoga to relax the Body and lift the Spirit. And because an agitated, anxious mind is the enemy of sleep, following yoga, participants will be guided through a relaxation technique to calm the Mind.



Sunday, November 13 @ PL Fitness Studio 5:00-6:15PM, \$8.

Limited to 15 registrants. Instructor Cathleen Chay

FITNESS NEWS

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FITNESS OPEN HOUSE



Please join us for our *Fitness Open House* on **Tuesday, November 8th** from 11AM to 4PM. We will have events taking place at both Prairie Lodge and Meadow View Lodge during these hours.

We will be offering Class Demonstrations, Presentations, Equipment Demonstrations, Refreshments, Giveaways and more!

FITNESS OPEN HOUSE AGENDA

11/8/22

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION @ PL</u>	<u>PRESENTER</u>
11-12:00pm	Free Blood Pressure	Fitness Lobby	NW
12-1:00pm	Equipment Demo	Fitness Center	Barb
12-12:30pm	Chair Tai Chi	Fitness Studio	Allison
12:40-1:10pm	Beginner Tai Chi	Fitness Studio	Allyn
1:00-2:00pm	Presentation: Bone Health	Hickory Room	NW
1:20-1:50pm	TBT Demo	Fitness Studio	Barb
2:15-3:00pm	Presentation: Yoga for Weight Loss	TBD	Jeanne Silvis
2-2:50pm	Equipment Demo	Fitness Center	Barb Dvorak
2-2:30pm	Gentle Yoga	Fitness Center	L. Palczynski
2:40-3:10pm	Pilates Mat	Fitness Studio	L. Palczynski
3:20-3:50pm	Jazzercise Strength & Stretch	Fitness Studio	L. Palczynski

*REFRESHMENTS PROVIDED *SPIN-THE-WHEEL-&-WIN*

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION @ MVL</u>	<u>PRESENTER</u>
10:30-11:20am	Strutters Jazz A	Fitness Studio	Val Stroud
11:30-12:20pm	Strutters Jazz B	Fitness Studio	Val Stroud

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12:30-12:45pm	Strutters Meet & Greet	Social Lounge	Nancy Kutska
1-2:00pm	Equipment Demo	Fitness Center	Michael McLaughlin
2-2:50pm	AV360 Boxing	Fitness Studio	Chase Beck
3-3:50pm	BOSU & TRX Demo	Fitness Center	Val Bischof