

Wellness Schedule June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 4:30pm Total Body Toning @ Parkview North Family Park (with Alex) *meet at pavilion	2	3
6 8:30am Morning Yoga + Meditation @ Parkview North Family Park *meet at pavilion	7	8	9 9am Outdoor Walk @ Pufferbelly Trail (with Alex) *meet at trail head at Life Bridge Church off Corbin Rd.	10
13	14 12pm Weight Management Program @ NACS Health & Wellness Center *see below for more info	15 5:15pm Weight Management Program via Google Meet *see below for more info	16	17
20	21 12pm Weight Management Program @ NACS Health & Wellness Center *see below for more info	22 5:15pm Weight Management Program via Google Meet *see below for more info	23 9am Outdoor Walk @ Pufferbelly Trail (with Alex) *meet at trail head at Life Bridge Church off Corbin Rd.	24
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CLASS DESCRIPTIONS

Total Body Toning

Join in this 30-minute all levels strength training class. Modifications will be provided to increase and decrease difficulty of exercise. Bring a mat and light weights if you have them!

Morning Yoga + Meditation

Stretch and destress with an all-level yoga class! This yoga practice focuses on deep breathing and gentle movement. Bring a mat if you have one.

Outdoor Walk

All fitness levels are welcome to join in this 30-minute outdoor walk!

Weight Management Program

Work through 6 weeks of educational content to aid in your weight management journey. You'll be guided by Coach Alex, a Registered Dietitian Nutritionist, who will provide informational resources, guides, and interactive handouts. Available both in-person and virtually over Google Meet.

Email alexandra.degitz@nacs.k12.in.us by June 10th to sign up!