

# 2018 Summer

at Lake Forest Health & Fitness



## SUMMER GROUP FITNESS FUN: OUTDOOR YOGA • STRIDE AND STRETCH • OUTDOOR MEDITATION • TAILS N TRAILS WALKING • LE TOUR DE FRANCE VIDEO CYCLE RIDE

### Tails N Trails Walking Event Saturday, July 12 10:00-11:00 a.m.

Join Amy Pierce as she leads the group on a leisurely walk through the trails by the Fitness Center. Friendly, leashed dogs are welcome. Participants will meet outside of the Fitness Center. Participants should register for each individual class to allow for notifications due to inclement weather.

### Outdoor Meditation Friday, July 6 7:15 - 7:45 a.m. with Maryanna

Capture a taste of Meditation as you get your day started. Enjoy the peaceful setting of the outdoors as you deepen your awareness to breath, mind, body and the universe. Participants can bring their own Yoga mat or borrow one from the Mind/Body Studio. Participants should register at the front desk to allow for notifications due to inclement weather. This session is complimentary for members.

### Le Tour de France Video Cycle Ride Tuesdays, July 10, July 17 and July 24 9:15-10:30 a.m. with Lora in the Cycle Studio

Be a part of the world's biggest cycling race by coming to this interactive video ride! No registration required. Please pick-up a cycle tag at the Front Desk up to one-hour prior to start time.

### Outdoor Yoga Friday, August 3 9:15 - 10:30 a.m.

Weather permitting, Marjorie will take the Mindful Flow Yoga members outside to practice Yoga in nature! Appreciate and enjoy the union of nature, humanity and the universe. Please check in at the front desk and meet Marjorie in the lobby. Participants can bring their own Yoga mat or borrow one from the Mind/Body Studio. Participants should register at the front desk to allow for notifications due to inclement weather.

### Stride and Stretch! Tuesdays, July 17, July 31 and Aug 14 10:30 - 11:30 a.m.

Increase your daily steps and improve cardio fitness by joining this group walking program! Amy and Kris will lead organized walks through the Fitness Center & Hospital trails followed by a group stretch to elongate muscles of the lower body. Weekly walks will vary in duration and distance, but all levels will be accommodated. Please check in at the Front Desk and meet Amy and Kris in the lobby. Participants should register for this program at the front desk to allow for notifications due to inclement weather.