



G.Y.M
GET. YOU. MOVING

BULLETIN

FITNESS THIS WEEK : SEPT 27

FALL SCHEDULE

ALL CLASSES ARE \$5 DROP IN!

MONDAY 9/27

8:30-9:30 AM BOOM MOVE
9:00-10:00 AM GROOVE
9:30-10:30 AM SILVER FITNESS
6:00-7:00 PM TABATA
7:00-7:45 PM WERQ

TUESDAY 9/28

9:00-10:00 AM YOGA
10:00-11:00 AM CHAIR YOGA

WEDNESDAY 9/29

8:30-9:30 AM BOOM MOVE
9:30-10:30 AM GENTLE STRETCH
6:00-7:00 PM CARDIO SCULPT
7:00-7:45 PM YOGAFIT

THURSDAY 9/30

9:00-10:00 AM STRENGTH
10:00-11:00 AM GENTLE YOGA

FRIDAY 10/1

8:30-9:30 AM BOOM MOVE

SATURDAY 10/2

9:30-10:30 AM URBAN KICK

PLEASE BE SURE TO CHECK IN AT THE
FRONT DESK PRIOR TO CLASS

BYRON TOWNSHIP RECREATION
WWW.BYRONTOWNSHIPREC.ORG

FALL IN LOVE WITH HEALTH CHALLENGE

RUN / WALK / BIKE
A TOTAL OF 100 MILES

MOVE AT LEAST 30 MINUTES
EVERY DAY DAY

DRINK AT LEAST 64OZ EVERY DAY

ENJOY A SERVING OF FRUITS &
VEGGIES EVERY DAY

WRITE DOWN 3 THINGS YOU ARE
GRATEFUL FOR EVERY MORNING



6 TIPS TO BETTER SLEEP

1. CALM, QUIET, & DARK SLEEPING ENVIRONMENT.
2. REDUCED DAILY CAFFEINE INTAKE.
3. ADJUST SLEEP MINDSET.
4. USE A SLEEP MEDITATION.
5. LIMIT AMOUNT OF TIMES IN BED DURING THE DAY.
6. CONSISTENT BED TIME & WAKING TIMES

"LIFE IS LIKE A PIANO: THE WHITE KEYS REPRESENT HAPPINESS AND THE BLACK KEYS SHOW SADNESS. BUT AS YOU GO THROUGH LIFE, REMEMBER THAT THE BLACK KEYS ALSO CREATE MUSIC."