



**G.Y.M**  
GET. YOU. MOVING

# BULLETIN

FITNESS THIS WEEK : SEPT 20

## SUMMER SCHEDULE



### MONDAY 9/20

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 9/21

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

### WEDNESDAY 9/22

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 9/23

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

### FRIDAY 9/24

8:30-9:30 AM BOOM MOVE

### SATURDAY 9/25

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](http://WWW.BYRONTOWNSHIPREC.ORG)

## FALL BINGO CHALLENGE

### B I N G O

20 push ups	Find out your family history of health	Take a spin class	Plan meals for a week & create a list	Schedule Annual Doctor Check up
Volunteer at a non profit	Eat 5 fruits & veggies today.	15 minute walk at lunch	Practice 10 minutes of meditation	Get over 10000 steps in one day
Get your annual dental exam	Drink 60oz of water per day for 1 week	Free!	30 minute walk/run	Record your food for 1 week
Sleep 7+ hours	30 minute yoga class	Calculate your BMI	Sign up for a walk/race event	5 minute stretch at desk 3x/day
1 mile hike in nature	100 Stairs	No sugary beverages today.	Eat a healthy breakfast	20 minute stretch

## WELLNESS TIP

FALL IS UPON US, AND THAT MEANS COOL, DRY AIR AND BEAUTIFUL FOLIAGE TO LOOK AT. TAKE ADVANTAGE OF EVERYTHING AUTUMN AND EXERCISE OUTSIDE WHEN IT'S NOT TOO HOT, AND NOT TOO COLD. GO FOR A BIKE RIDE OR WALK ON THE BEACH OR TRAILS AND EMBRACE FALL.

"THERE IS NO SHORTCUT. IT TAKES TIME TO CREATE A BETTER, STRONGER VERSION OF YOURSELF."