

JUNE 2016

ALIVE and MOVE

Monday – Thursday	5:30 a.m. to 9 p.m.
Friday	5:30 a.m. to 7:30 p.m.
Saturday	7 a.m. to 3 p.m.
Sunday	9 a.m. to 5 p.m.

NOURISH by The Big Salad

Monday – Friday	10:30 a.m. to 3 p.m. 3 p.m. to 7 p.m.*
Saturday	11 a.m. to 2 p.m.*
Sunday	Closed

*Grab 'n' Go items only

GROW

Monday – Thursday	8 a.m. to 12 p.m. 4:15 p.m. to 8 p.m.
Friday	8 a.m. to 12 p.m.
Saturday	8 a.m. to 12 p.m.
Sunday	Closed

Highlights:

Z-Box (B, I)

Dance meets boxing in this fun, fast-paced class. Includes weights and relaxation. All fitness levels welcome.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	5:55 p.m. – 6:40 p.m.
Wed.	5:40 p.m. – 6:20 p.m.



JUNE: Prevent

- June 2 Sushi Roll & Go Pg. 36
Power of the Plate Pg. 35
- June 4 Be a Tourist In Your Own Town Pg. 41
- June 7 Coloring for Adults Pg. 44
- June 8 Financial Fitness Begins Pg. 44
Jen Women's Tea Pg. 50
- June 11 Baking with Kids: Summer Pies Pg. 52
- June 14 Channeling Your Inner Martha:
Front Door Decor Pg. 43
- June 16 Camping 101 Pg. 42
Hostess with the Mostest:
Versatile Hostess Pg. 38
- June 18 Golf, Grilling and Guys Health Event Pg. 45
- June 20 CanHope Support Group Pg. 39
Group Hypnotherapy: Weight Loss Pg. 46
- June 21 Alzheimer's Support Group Pg. 39
Fundamentals of Insight Meditation Pg. 45
- June 22 Don't Stress . . . Be Happy! Pg. 44
- June 23 Community CPR Pg. 44
Diabetes Support Group Pg. 39
Kidney Smart Pg. 47
- June 24 Parents' Great Escape Pg. 54
- June 27 Babysitter Education
Course Begins Pg. 41
- June 28 Hostess with the Mostest:
Firework Hostess Pg. 38
EXPLORE 90 Begins Pg. 51
- June 29 Healthier Habits for a Healthier You Pg. 46
- June 30 French Macarons Pg. 37

Hostess with the Mostest: Firework Hostess

Instructor: Katie Emery

Inspiration for hosting a fabulous Independence Day party. Participants sample simple appetizers and a signature drink perfect for entertaining family and friends, plus create a simple 4th of July centerpiece to take home.

Cost: \$30

Tues., June 28 6:30 p.m. – 8 p.m.