

Healthy Family Day Schedule



TIME	Outside	Group Ex Room	Wellness Floor	Kids
8:15 - 9:00am	GROUP BIKE RIDE Innovation Way Bring your Bike (16+)	CHECK-IN Sign-in at the registration table to pick up a bingo card - you can win free YMCA programs!	DON'T FOGET TO BRING YOUR FRIENDS! <i>If they join on HFD, you get a \$25 Program Gift Card!</i>	
9:00 - 9:15am	GROUP WARM-UP All Instructors		ASK SHARON... Dietician/Nutritionist	SCAVENGER HUNT Lead by YMCA Staff
9:15 - 9:45am	GROUP RUN (w/ Christina) MUSCLE CONDITIONING (w/Lyzz)	FAMILY YOGA (5+) (w/ Kris)	WORKOUT w/ JONATHAN (10 spots only; sign-up by 4/17/09)	KIDS GAMES Scooter, Jump Rope, Hula Hoop & Parachute
9:45 - 10:15am	CARDIO CONDITIONING (w/ Lyzz)	ZUMBA DANCE PARTY (w/ Kelly & Amanda)	WORKOUT w/ JONATHAN (10 spots only; sign-up by 4/17/09)	KIDS TRIATHLON (6+) (sign-up by 4/17/09 at the Membership Desk; bring swimsuit, sneakers & bike; ages 6-15 only)
10:15 - 10:45am	CARDIO CYCLING (w/ Amanda)	STEP (w/ Kristen)	ASK SHARON... Dietician/Nutritionist	
10:45 - 11:00am	2 Year Anniversary Celebration & Scholarship Campaign Celebration Avalon Park YMCA Cheerleaders			
11:00 - 11:30am	SPRING FITNESS CHALLENGE <i>TEAM CHALLENGE</i> Bring your spirit & be ready to represent your team well!	PILATES (w/ TBD)	MAKE YOUR SCHOLARSHIP PLEDGE! \$50 supports a child in swim lessons. Your pledge can save a life!	PARENT-CHILD FITNESS (ages 1-4 with mom or dad)
11:30 - 12noon		YOGA (w/ TBD)		ONGOING ACTIVITIES Obstacle Course, Crafts, etc...

Choose Your Own Adventure!

Schedule Subject to Change.