

MOVING with MARTIN



START YOUR DAY
EXERCISING WITH THE
SRPMIC PRESIDENT

BEGINING AT **7:00 AM**



JULY

TUESDAY

16 PT AND MOBILITY
AT WOLF TRACK

23 ZUMBA
AT RPHC LOBBY

30 TAI CHI
LEHI GYM

THURSDAY

18 PT AND MOBILITY
AT WOLF TRACK

25 ZUMBA
AT RPHC LOBBY



AUGUST

TUESDAY

6 SENIOR STEPPERS
AT WOLF TRACK

13 AQUA FITNESS
AT WOLF POOL

20 BAND STRENGTH TRAINING
AT WOLF TRACK

27 INTERVAL STATIONS
AT WOLF TRACK

THURSDAY

1 TAI CHI
LEHI GYM

8 SENIOR STEPPERS
AT WOLF TRACK

15 AQUA FITNESS
AT WOLF POOL

22 BAND STRENGTH TRAINING
AT WOLF TRACK

29 INTERVAL STATIONS
AT WOLF TRACK

SEPT

TUESDAY

3 CHAIR YOGA
AT WOLF TRACK

THURSDAY

5 TAI CHI
AT WOLF TRACK



**DIABETES PREVENTION
SERVICES**
480-362-7320
PUBLIC HEALTH
480-362-2603



**SCAN
ME! >>**

