

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

LIMITED
T-SHIRTS
AVAILABLE

"MUST ATTEND
2 CLASSES"

SEPT

TUESDAY

3

CHAIR YOGA
AT TRIBAL COURTS (2ND FLOOR)

THURSDAY

5

TAI CHI
AT TRIBAL COURTS (2ND FLOOR)



DIABETES PREVENTION
SERVICES

480-362-7320

PUBLIC HEALTH

480-362-2603



SCAN
ME! >>

