



CLASS SCHEDULE - 2010

We will post locations for ALL classes at the Kick-Off.

Tuesday Classes

- 1-12-10 Preparing for Physical Activity: Getting up and Going
- 1-19-10 Resistance Exercise on a Budget AND Core Exercises (for Bellies, Butts and Backs) (combined class - 1.5 hours)
- 1-26-10 How much Physical Activity is enough AND Lifestyle Physical Activity and Planned Physical Activity (combined class - 1.5 hours)
- 2-2-10 Body Mechanics: Care of the Back and Neck
- 2-9-10 Body Composition: Overweight vs. Overfat
- 2-16-10 Diet and Activity for Healthy Body Fatness
- 2-23-10 Stress and Health
- 3-2-10 Stress Management, Relaxation and Time Management
- 3-9-10 SLEEP: Critical for Optimal Health or How to Please Your Z's

Thursday Classes

- 1-14-10 Grocery Shopping - Cindy Hesse
- 1-21-10 Healthy Soups - Courthouse in Iola - Kathy McEwan
- 1-28-10 Family Night - Lincoln Library
- 2-4-10 Fats - Humboldt Library - Erin Weilert
- 2-11-10 Label Reading - Humboldt Library - Erin Weilert
- 2-18-10 Healthy Stir Fry - Moran Senior Center - Kathy McEwan
- 2-25-10 Healthy Trail Mix - Humboldt Elementary - Kathy McEwan
- 3-4-10 Family Night - Moran
- 3-11-10 Finale - Maintenance and Staying Motivated - Riverside Park Gym, 6:00 PM

Earn 1 Thrive Involvement Point each week for attending a Meltdown class.