

Spec. for Seniors - Lean on the Lakeshore Schedule  
Jan 05, 2015

#### Lean on the Lakeshore Schedule

\*Most events are offered free of charge to all registered participants. Please bring your 'ticket' that was emailed to you upon registration.

\*Those not registered for Lean on the Lakeshore events may attend the 'free' events for a nominal \$5.00 fee per event.

\*Please call facilities to register when required so that enough equipment can be reserved for participants. ALSO, if you find that you cannot attend after registering, please call to cancel in a timely manner so others can use your equipment.

Sunday, Jan 4<sup>th</sup> 12:00 to 4pm Kick Off at Manitowoc Senior Center. Free event for all! Register in advance for the challenge or upon arrival. Speakers and workouts throughout the afternoon, weigh in, get measured, get Bp taken. Booths to visit to help you reach your challenge goals. (Exact times may vary due to possible Packer Play Off Game...and speaker times and workouts will be announced via the website).

Monday, Jan 5<sup>th</sup> Balance on Buffalo 5:30 to 6:30pm Gentle Flow Yoga Class: Limited to 10 Lean on the Lakeshore Participants. Please pre register by calling 920-684-8880 or at [www.balanceonbuffalo.com](http://www.balanceonbuffalo.com)

Tuesday Jan 6<sup>th</sup> – Virtual Store Tour – Find the foods with more nutrient bang for your buck and stay within your weight loss plan. 7pm HFM Harbortown Campus in the Cooperstown room (near the Wellness Center) Lauren Lindsley RDN, CD Skogen's Festival Foods

Wednesday Jan 7<sup>th</sup> Balance on Buffalo 5:45 to 6:45pm Beginner/Chair Yoga Limited to 10 Lean on the Lakeshore Participants. Please pre register by calling 920-684-8880

Friday, Jan 9<sup>th</sup> Balance on Buffalo 9am to 10am Gentle Flow Yoga Limited to 10 Lean on the Lakeshore Participants. Please pre register by calling 920-684-8880 or at [www.balanceonbuffalo.com](http://www.balanceonbuffalo.com)

Sat Jan 10<sup>th</sup> – Walking Clinic – learn how to get the most out of your walking program, plus stretches! 9 to 10am on the walking track at Holy Family Wellness Center – Harbortown Campus.

Sun Jan 11<sup>th</sup> – YMCA Day! Try Ripped, Pool Class, and Pilates and sculpting! Time: 10:30am Please register by calling (920) 482-1578

Sat Jan 17<sup>th</sup> – Snowshoeing at Woodland Dunes – Please register in advance at Woodland Dunes 793-4007 by Jan 15<sup>th</sup>. Sessions at 9am and later, 1 hour of snowshoeing – weather permitting – or hiking if there is no snow. Rent snow shoes for \$5.00 OR bring your own snowshoes = no fee. Hot cider and tea to warm up will be available in the building.

Sat Jan 25<sup>th</sup> – CrossFit Manitowoc will offer 3 Free classes the week of January 26-31 - Specific class times are required as the schedule is open only for the LOTL participants -?

Mon 26th - 6-7am or 7-8pm

Wed 28th - 6-7am or 7-8pm

Fri 30th - 6-7am or 7-8pm

Sat 31st - 8am-9am

Sat Feb 7<sup>th</sup> Balance on Buffalo special class just for Lean on the Lakeshore participants! 10am to 11am. Please pre register by calling 920-684-8880 or at [www.balanceonbuffalo.com](http://www.balanceonbuffalo.com)

Sat Feb 7<sup>th</sup> – Free Week of Jazzercise Feb 7<sup>th</sup> to 13<sup>th</sup> Monday 9 am and 10:15 am Two Rivers, 4:30 pm York, 5 pm Valders, 6 pm Valders, Kiel and Mishicot

Tuesday 5:45 am, 9 am 5:30 pm York, 10:50 am Sr Center

Tuesday, February 10 at 6:35 pm following the 5:30 pm class at our York facility attend a talk on "The effects of exercise on Cardiac Health." You can attend just the talk or do class and stay for the talk!

Wednesday 5:45 am, 9 am, 4:30 pm York

Thursday 9 am, 5:30 pm York, 5 pm Valders, 6 pm Valders, Kiel, Mishicot

Friday 5:45 am York, 9 am and 10:15 am Two Rivers?

Saturday 8 am Mishicot, York, Two Rivers, and Kiel

Sat Feb 14<sup>th</sup> – Heart Healthy mini triathlon workout at HFM Wellness center with heart health education, nutrition education – cooking demo

Sat or Sun Feb 21-22 – Wellness Center/YMCA Spinathon Choose your location, then call the Wellness Center at 320-4600 or the YMCA at 482-1515 to register by Wednesday Feb 18<sup>th</sup>. Limited bikes and Time slots! (PLEASE call to cancel if you find you are UNABLE to attend). Excellent instructors will give you a workout that fits your fitness level. Times available at the Wellness Center are Sunday Feb 22<sup>nd</sup> 9,11,1pm – Call 320-4600 to register. YMCA times are Sat Feb 21 at 9,10, or 11. Call 482 1515 to register at that location. Remember, you only have to be a member of Lean on the Lakeshore to try this cycling class! FREE!!!

Sat Feb 28<sup>th</sup> – Start of 1 month indoor IRONMAN triathlon. Consists of 2.4 mile swim, 112 Mile bike ride, and 26.2 mile run. Whew! But you have until March 28<sup>th</sup> to complete this task. YMCA and Wellness Center are offering the use of their pools, bikes and track to complete the event, FREE!!!

Sat Mar 7<sup>th</sup> – Trip to Pewaukee Adventure Rock Indoor Climbing Gym. If you arrive from Noon to 4pm fee is \$15.00 per person, 4 to 10pm fee is \$13.00 per person. Please go to their website for the online waiver <http://www.adventurerock.com/about/waiver/> Participants under 18 must have parents sign waiver. There is a Subway in the complex. This is great exercise and a lot of fun for the entire family! Staff are expecting us and will show us the 'ropes'. <http://www.adventurerock.com/>

Sat March 14<sup>th</sup> -

Saturday March 21st – Early Morning N/A RAVE 6 to 9am at Rollaire!!! Healthy beverages offered, and LOTS of dancing! Get your workout in early this day, and have FUN doing it!

Sat March 28<sup>th</sup> – last day to complete your Ironman Indoor Triathlon

Sunday April 5<sup>th</sup> – Easter

Sat April 11<sup>th</sup> – Last Chance Workout??? Meet with your team! Fire up and have a strong finish!

Monday April 13<sup>th</sup> – Maintaining your weight 6:00pm at Holy Family Memorial Harbortown campus in the Cooperstown Room Abbey Bubolz RD, CD Holy Family Memorial

Saturday April 18<sup>th</sup> – Finale!!! Holiday Inn, DJ 7pm to 11pm. Presentation of honors at 8pm