



# Fitness Week

## January 2-7, 2006

- Free Classes
- Health Screenings
- Presentations

### Schedule of Events



#### Wednesday, January 4

8-11 am: **Cardiac Risk and Diabetes Screening**  
 \*Testing done by Elmhurst Memorial Hospital, 12 hour fasting required for cholesterol testing, Pre-registration & \$15 advance payment required for cholesterol test

8-11 am: **"Lifestyles for Better Health"**  
 by Shaklee Nutritional Supplement Representative

9-11 am: **The "Fit Wits" Radio Talk Show Hosts**  
 Promoting healthy lifestyles for the new year

#### Thursday, January 5

9-10 am: **"Today's Healthcare in America: Myth vs. Truth" Presentation**

10-11 am: **Spinal Assessments**  
 Dr. Tim Weselak, Doctor of Chiropractic, B.S., D.C.

7-8:30 pm: **Sports Performance Testing**  
 National University of Health Sciences

#### Friday, January 6

9-11 am: **Body Fat Testing and Osteoporosis Screening**  
 National University of Health Sciences

#### Saturday, January 7

8-9 am: **Body Fat Testing**  
 (Lombard Community Building)

**All programs take place at Sunset Knoll Recreation Center, 820 S. Finley Road, except when noted**

- SKRC = Sunset Knoll Recreation Center
- LCB = Lombard Community Building
- IV = International Village
- LAG = Lombard Lagoon

### FREE Fitness Classes!!

#### Monday, January 2

5:30-6:30 am: Boot Camp	LCB
9-10 am: Step & Abs	SKRC
10-11 am: Boot Camp Kick Box	SKRC
6-7 pm: The Mix	LCB
7-8 pm: Power Sculpt Plus	LCB

#### Tuesday, January 3

6-7 pm: Yoga	LCB
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#### Wednesday, January 4

5:30-6:30 am: Boot Camp	LCB
9-10 am: Step & Abs	SKRC
10-11 am: Boot Camp Kick Box	SKRC
6-7 pm: Power N Step	LCB
7-8 pm: Power Sculpt Plus	LCB

#### Thursday, January 5

9-10 am: Yoga-Lates	SKRC
10-11 am: Cardio Flex	SKRC
5-5:45 pm: Parent & Child Yoga	LAG
6:15-7 pm: Pilates	LCB
6-7 pm: Yoga	LAG
7-8 pm: Minute by Minute	LCB

#### Friday, January 6

5:30-6:30 am: Boot Camp	LCB
9-10 am: Pilates	SKRC

#### Saturday, January 7

8-9 am: T.O.P Kickboxing	SKRC
8-9 am: Yoga	IV
9-10 am: Pilates Plus	LCB