



# Summer Fitness Challenge

## June 10- August 9



### Attend 12 exercise classes and earn a Shepherd's Center SWAG BAG

Endurance, Strength, Balance, Flexibility – The National Institute on Aging encourages everyone to be creative and choose exercises in each of these 4 categories. The Shepherd's Center can help! With five classes at three locations every week we've got all the bases covered and we are awarding incentives!

Attend 12 classes between June 10 and August 9 and you will win a SWAG BAG with Shepherd's Center branded giveaways: reusable grocery tote for eco-friendly shoppers, pen and notebook to take to classes, refrigerator magnet so our phone number and web address are always handy. And more goodies!

**PUNCH CARDS** to help you keep track will be available in all Shepherd's Center exercise/dance classes beginning June 10. Everybody get moving!

#### **Weights=Strength=Health**

Kacey Cowdery

Every Monday, 1-2, \$5/class

Webster Hills UMC, 1333 W. Lockwood Ave.,  
63122

#### **Chair Yoga**

Jaime Sanchez

Every Tuesday, 11:15-12:15, \$5/class

Harrison Avenue MBC Annex, 347 S. Harrison,  
63122

#### **Line/Slide Dance**

Glenda Gordon, Rita Lay, Pat Clark

Every Thursday, 10-11, \$2/class

Webster Groves Christian Church, 1320 W.  
Lockwood, 63122

#### **Interval Exercise**

Mary Beth Wilczak

Every Friday, 9:30-10:20, \$5/class

Webster Hills UMC, 1333 W. Lockwood Ave.,  
63122

#### **Chair Yoga**

Debbie Daugherty

Every Friday, 10:20-11:10, \$5/class

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63122