

Please ask your doctor before beginning a new exercise routine!



## Ideas for Getting Active!



Activity:	Date:	Time:	Location:	Fee:
*Exercise class Instructor: Dr. Denise Logan	On-going Mon. & Thurs.	5:45 pm	Messiah Baptist Church, 513 Henry Avenue SE Call for details: (616) 458-2651	No charge
*Adult and older teens open recreation/fitness	Tues. & Thurs.	6-9pm	Paul I. Phillips Recreation Center 726 Madison Ave SE [North of Franklin] (616) 456-4222	Fee \$2.00 per person
<b>*Women's Fitness</b>	<b>Tues. &amp; Thurs.</b>	<b>6-9pm</b>	<b>Paul I. Phillips Recreation Center (616) 456-4222</b>	<b>Fee \$2.00 ON HOLD FOR THE SUMMER</b>
*In-door walking	Sun-Sat	10am-9pm	Any Mall (Some malls open early for walkers)	No charge
Fitness Boot Camp Instructor Charles Burt	2 <sup>nd</sup> Saturdays	9am	Light House Full Life Center 640 Burton SE (616)241-5448	<b>Super Saturday at "The Light";</b> This is a full day of fun, good food and fellowship. Please call church office, visit the church website for details.
Ministry of fitness: *Aerobics toning	Sat.	9am	Lighthouse Full Life Center 2415 Madison SE (616)241-5448	No charge listed
Ministry of fitness: *Praisercise – Gospel aerobics and fitness training	Mon. & Wed.	5:30-6:15pm	Lighthouse Full Life Center 2415 Madison SE (616)241-5448	No charge listed <b>***Class times may change. Please call for details.</b>
Ministry of fitness: *Stress and resistance training	Mon. & Wed.	6:15-7:00pm	Lighthouse Full Life Center 2415 Madison SE (616)241-5448	No charge listed
<b>Yoga Class</b>	<b>Tues. begins September 8</b>	<b>6:30 p.m.</b>	<b>Trinity Lutheran Church, 2700 East Fulton, Grand Rapids (616) 949-2510 or <a href="http://www.tlcgr.org">www.tlcgr.org</a></b>	<b>Cost: \$5 per class per person – enter on the northeast side of the building</b>
*Exercise Class	Mon.	7-8pm	Oakdale Park CRC 961 Temple SE Contact Donna if you plan to attend- 452-5764	No charge
Fall 2009 Recreation Guide	Call 456-3696 or visit the website for a complete listing: <a href="http://www.grand-rapids.mi.us/download_upload/binary_object_cache/parksandrec_Fall%2009%20Rec%20Guide.pdf">http://www.grand-rapids.mi.us/download_upload/binary_object_cache/parksandrec_Fall%2009%20Rec%20Guide.pdf</a>			
Swing/Ballroom dance (outdoors)	Tues. & Friday	7-10pm Tues 8-10pm Friday	Rosa Parks Circle – downtown GR Corner of Monroe Center and Pearl	\$3.00 donation requested
Work-out video	Sun-Sat	When it fits your schedule	Comfort of your own home	Available at the library, or for purchase
<b>GRPS Classes</b>	<b>Will restart in the fall; Contact Jodie 819-2131</b>		<b>Neland Christian Reformed Church 940 Neland Ave SE (616) 245-0669</b>	<b>Fee \$33.00 for 12 weeks – per person</b>

(\*please wear comfortable clothing and exercise shoes)