



# Three Year Anniversary Celebration

## EVENT SCHEDULE

Saturday, May 31 | 9 a.m. to 12:30 p.m.



Join us in celebrating our Three Year Anniversary at our state-of-the-art facility with full access to our amenities and special programs.













Enjoy health screenings, wellness information, Group Fitness classes, and a complimentary InBody Assessment. Entertain the kids and indulge in self-care stations.

**Don't miss this unforgettable celebration!**

**Lourdes Health & Fitness**  
491 Reynolds Road  
Johnson City, NY 13790  
607-306-2100  
[LourdesHealthFitness.com](http://LourdesHealthFitness.com)

### ALL-DAY ACTIVITIES

9 a.m. to 12 p.m.	<b>Pilates Reformer Chair Demos</b>		Lobby
9 a.m. to 12:30 p.m.	<b>Glitter Tattoos and Facepaint</b>		Outside
9 a.m. to 12:30 p.m.	<b>Health Screenings and Wellness Information</b> <i>Provided by Guthrie Lourdes Hospital</i>		Rehab Lobby
9 a.m. to 12:30 p.m.	<b>InBody Screenings</b>		Nurses Office
9 a.m. to 12:30 p.m.	<b>FMS Screenings</b>		Fitness Floor
9 a.m. to 12:30 p.m.	<b>Mammo on the Move Van</b> <i>Provided by Guthrie Lourdes Hospital</i>		Outside
9 a.m. to 12:30 p.m.	<b>Silent Auction</b> <i>All proceeds go to local charities. See the Front Desk for more information.</i>		Lobby
9 a.m. to 12:30 p.m.	<b>Teddy Bear Clinic</b>		Rehab Lobby
9 a.m. to 12:30 p.m.	<b>Wellness Information and Grip Strength Testing</b>		Main Hallway
9 a.m. to 12:30 p.m.	<b>Zoo-tastic Arts &amp; Adventures</b>		Childcare
9:30 a.m. to 12:30 p.m.	<b>Chair Massages</b> <i>Provided by Guthrie Binghamton Pain Care</i>		Lobby

TIME	EVENT		LOCATION
9 to 10 a.m.	<b>Take me to the Beach Cycling Ride</b>   with Instructor Pat		Cycle Studio
9:30 to 10:30 a.m.	<b>Tropical Family Pool Party</b> <i>Limit to two (2) children to each parent/guardian. Parents must be in the pool with children.</i>		Aquatics Center
9:30 to 10:30 a.m.	<b>Family ZUMBA®</b>   with Instructor Cassandra <i>For ages 5 years &amp; up.</i>		Studio 1
9:30 to 10:30 a.m.	<b>Princess Party</b>   Singalong, dance party, photo ops, and royal fun! <i>For children of all ages. Children must be accompanied by a parent/guardian.</i>		Studio 2
9:45 to 10:15 a.m.	<b>TRX Demo</b>   with Trainer Alexis		Fitness Floor
10:30 to 11:30 a.m.	<b>Family Obstacle Course</b> <i>For ages 5 years &amp; up.</i>		Turf Area
10:30 to 11:30 a.m.	<b>Aqua Aerobics</b>   with Instructor Pat		Therapy Pool
10:30 to 11:30 a.m.	<b>Hot Barre Summer</b>   with Instructor Kelly		Studio 2
10:30 to 11:30 a.m.	<b>PERFORM (A Strength Training Class)</b>   with Instructor Alexis		Studio 1
11 a.m. to 12:30 p.m.	<b>Ice Cream Works Ice Cream Truck</b>		Outside
11:30 a.m. to 12:30 p.m.	<b>Aqua Aerobics</b>   with Instructor Pat		Therapy Pool
11:30 a.m. to 12:30 p.m.	<b>Healthy Lifestyle Senior Strength</b>   with Instructor Tim <i>Spice up your kitchen! Enjoy a free recipe book just for being part of the class.</i>		Studio 1
11:45 a.m. to 12:45 p.m.	<b>Bill Clark's Super Strong Show</b> <i>For all ages. Children must be accompanied by a parent/guardian.</i>		Studio 2

\*Schedule may be subject to change.

 Kid-friendly  Station

**Get social with us! Follow us and post using #lourdeshealthandfitness**

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