



# Fitness FIESTA EVENT SCHEDULE

Saturday, May 30 | 9 a.m. to 1 p.m.



Join us in celebrating our Four 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 1 p.m.	<b>Health Screenings and Wellness Information</b> <i>Provided by Guthrie Lourdes Hospital</i>		Physical Therapy Lobby
9 a.m. to 1 p.m.	<b>InBody Screenings</b>		Nurses Office
9 a.m. to 1 p.m.	<b>Chair Massages   Guthrie Binghamton Pain Care</b>		Lobby
9 a.m. to 1 p.m.	<b>Puppy Pediatrics with the Lourdes Residents</b>		Lobby

TIME	EVENT		LOCATION
9 to 10 a.m.	<b>Swim Lesson Demos</b> <i>Email <a href="mailto:patricias@fitnessandwellness.org">patricias@fitnessandwellness.org</a> to reserve your spot.</i>		Therapy Pool
9 to 10 a.m.	<b>Cycle</b>		Cycle Studio
9 to 11 a.m.	<b>Photos with Wolverine</b>		Hallway
9 to 11:30 a.m.	<b>Guthrie Lourdes Hospital Pet Therapy Program</b>		Hallway
9:30 to 10:30 a.m.	<b>Family ZUMBA®</b> <i>For ages 3 years &amp; up.</i>		Studio 1
9:30 to 10 a.m.	<b>Parent &amp; Me</b> <i>Email <a href="mailto:patricias@fitnessandwellness.org">patricias@fitnessandwellness.org</a> to reserve your spot.</i>		Therapy Pool
9:30 a.m. to 12:30 p.m.	<b>Face Paint by Silly Face Paint</b>		Physical Therapy Lobby
10 to 10:30 a.m.	<b>Fit For the Fairway   with Alex a TPI certified Personal Trainer</b>		Fitness Floor
10 to 11 a.m.	<b>Family Obstacle Course</b>		Physical Therapy
10 a.m. to 1 p.m.	<b>Pilates Chair Demos</b>		Lobby
10:30 a.m. to 11:30 a.m.	<b>Family Aqua Dance Party</b> <i>For ages 5 years &amp; up.</i>		Therapy Pool
10:30 a.m. to 11:30 a.m.	<b>Barre Fusion</b>		Studio 2
11 a.m. to 1 p.m.	<b>Ice Cream Works Truck</b>		Outside
11:30 a.m. to 12:30 p.m.	<b>Aqua Aerobics</b>		Therapy Pool
11:30 a.m. to 12:30 p.m.	<b>Retro 80's Senior Strength</b>		Studio 1
11:45 a.m. to 1 p.m.	<b>Fiesta Crafts &amp; Puppy Adoption   with Animal Sanctuary</b>		Studio 2
12:45 to 1:45 p.m.	<b>Joints in Motion Band Stand with Blue Velvet</b>		Studio 1

*\*Schedule may be subject to change.*

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

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 Kid-friendly  Station