



METRO
Wellness Pavilion

Grand

Opening Event Schedule

June 10th, 2013

Free Exercise Classes, Massages,
Lectures, Physical Therapy & Balance
Evaluations, and Health
Refreshments ALL DAY!!!!



11–12 pm– Yoga Class with Lindsay

12–1pm– Zumba with Karen

1–2pm– SilverSneakers Exercise Class with Alex

2–3pm– Pilates with Gail

3–4pm– Women’s Health & Fitness Lecture by Sherrie
Glasser PT,MS

- Osteoporosis Prevention
- Urinary Incontinence and Pelvic Pain
- Lymphedema Treatment and Care

4–5pm– Zumba by Brian

4:30–8:30pm Gold Swing Evaluation by a TPI Certified Gold
Professional

5–5:30pm Acupuncture Lecture with Mai–Hua Chen L.A.C

- Voodoo Magic or Something Else

6–7pm– Tai Chi with Eddy

7–7:30pm Nutrition Lecture with tips by Jackie Arnett R.D

- “You are what you eat:
- Get rid of aches and pains
- memory retention
- Feel more balanced

8–9pm– Yoga with Deseree



