



AMH Wellness Extravaganza

Need to earn some wellness points? Attend our wellness extravaganza to earn a variety of wellness points! You may attend all or just one session.

- ✓ Door Prizes & Giveaways**
- ✓ Free Fitness Center Access**
- ✓ Free Fitness Classes**
- ✓ Free Education Sessions**
- ✓ Free Screenings: Hearing, BMI, Blood Pressure, Body Fat**
- ✓ \$10 Chair Massages**

110 Wellness Points Available!!!!

SATURDAY, APRIL 30, 2016 • 7AM–11AM

Aspirus Therapy & Fitness

Wellness Extravaganza

Schedule of Events

Time	Exercise (10 Points/ Session)	Education (5 Points/Session)	Screenings (5 Points/Session)	Other (5 Points/ Session)		
7:00-7:30 am	Insanity (Krista) (Finishes at 7:50am) Large Exercise Room	Weight Watchers Booth (7-10:30am) Therapy & Fitness Waiting Room	Benefits of Protein and Protein Ball Cooking Demo (AJ) Therapy & Fitness Break Room	BMI & Body Fat Checks (Anne) New exercise room		
7:30-8:00 am						
8:00-8:30 am	Zumba (Erika) 8-9am Large Exercise Room		Foam Rolling Demo (Anne) New exercise room	Hearing Screening (Krista) (8-9 am)	Chair Massages (\$10 Charge) (Larissa) (8:30— 10am) Therapy & Fitness Waiting Room Please call ext. 8128 to schedule your appointment	
8:30-9:00 am			Lazy Exercise (AJ) New Exercise room	Occupational Health Please call ext. 8128 to schedule your appointment		
9:00-9:30 am	Kettlebell (Erika) 9:15-9:45am Large Exercise Room		Power of Posture (DeDe) Therapy & Fitness Waiting Room	BP Checks (Jayne) (8:30—10am) Office Adjacent to the Therapy & Fitness Break Room		
9:30-10:00 am			Stretch & Meditate (Krista) New Exercise Room			
10:00-10:30 am	Turbo-kick (Laura) 10-10:30am Large Exercise Room		Intro to Health Coaching and SMART goals (Anne) Therapy & Fitness Break Room	Hearing Screening (AJ) Occupational Health Please call ext. 8128 to schedule your appointment		
10:30-11:00 am	Walk Outside to Close Morning Meet in Therapy & Fitness Waiting Room (10 Points)					