

WELLNESS NEWS

July and August 2019

AQUA FITNESS

A 30 minute low impact workout including cardio, strength, and stretching. Aqua fit will meet in the pool Monday through Thursday at 11:15 AM. Outside temperature should be 67 degree or higher for aquatics programming to take place.



Outing Club Otter Swim Team

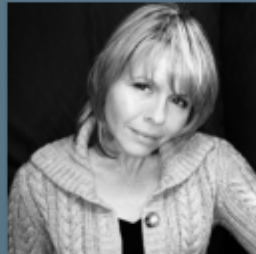
June 26th - Crow Valley Golf Club
July 10th - Davenport Country Club
July 17th - The Outing Club
July 24th - Oakwood Country Club

Reminders - Otter Swim Team will not meet on Friday, July 5th. Otter Swim Team season finale practice will be on Monday, July 22nd at 10 AM.

Please plan to attend our Otter's Awards Banquet on Wednesday August 31st!

Please help us give a warm welcome to our new Yoga Instructor, Janise Baier-Dosher

Janise is certified through Yoga Alliance. She is also certified in Restorative Yoga, Barre and PiYo. Janise will be leading Yoga at 9 AM on Tuesdays & Thursdays in the Wellness Center; please remember that group fitness classes are complimentary with your membership.



KIDS CAMP

July 23rd - 26th 8:00 AM - 2:30 PM

Join us for bowling, cooking, crafts, fitness, swimming, yoga, and so much more!

Contact Anne at wellness@theoutingclub.com to sign up. Sign up form are also available at the Pool Cabana & Wellness Center Info Desk

