

Podcast Episode 391: Fitness Update

SPEAKERS

Chris Covington, Kathy Lindstrom, Amber Galindo

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Kathy Lindstrom 00:00

Good afternoon, Sun City Shadow Hills, Kathy Lindstrom, board member and liaison to the Health and Fitness Advisory Committee. And we have exciting things that are coming through here, and it all starts December 1. So, mark your calendars, because you're going to have to get up early to get up and sign up for these events. Amber, what do we have going?

Amber Galindo 00:23

So, to start the new year, new me, we have our four-week fitness program called New Year New Me. So that will begin January eighth and the program will run through February 2. It's a four-week fitness program and that is going to have a \$25 fee to register. Along with your registration you'll receive an event t-shirt, a light lunch at the end of the program for celebrating the final day of the program, and then you will also receive a class list and these classes will be for the participants of the program. You can pick up a registration packet at either fitness center, you can register at either fitness center. The packet entails the guidelines, registration forms, and the schedule for the program.

Kathy Lindstrom 01:17

So, you mean I can eat all during the holidays Amber and then start in January for a New Year and a new me?

Amber Galindo 01:25

Absolutely.

Kathy Lindstrom 01:26

And when do I sign up for that?

Amber Galindo 01:27

You will sign up December 1.

Kathy Lindstrom 01:30

Got it.

Amber Galindo 01:31

Now I'm going to pass the mic over to Chris Covington, one of our Health and Fitness Committee members and she will be discussing another event we have.

Chris Covington 01:40

Looking forward to this one. It's the Crystal Bowl Sound Bath January 2. This one fills up really fast. It's 6pm, January 2, \$15. Signup is December 1. If you've never done this, it's truly an amazing, relaxing evening. That's all I can say. I've never been so relaxed in my life. So come on out and join us.

Kathy Lindstrom 02:06

Okay, then we have another thing. December 20 The Jingle Bands Rock. This is a holiday themed fitness adventure. We blend the benefits of resistance band training with the joy of the holiday season. Whether you're looking to stay active, amid the festivities, or you want to add a marry twist to your workout. This class is perfect for all fitness levels. And it's free. You come dressed in your best holiday outfit. So, if you're feeling like elf wear your elf outfit, a little red, put on your Santa hat and beard, but come on out and the day for sign up for that is December 1.

Kathy Lindstrom 02:49

So, you don't get up early on December 1, you snooze you're going to lose because these are three great events offered through the Health and Fitness Department.