



San Carlos Branch Library is proud to introduce
our new program:

GET FIT @ YOUR LIBRARY!

June 1-November 30, 2013

Join us on this six-month journey to better health:
physical, mental, and financial. Earn incentives after every 10 classes you attend!

JUNE EVENTS

Monday, June 3, 11:00-12:00

Tuesday, June 4, 4:00-5:00

Thursday, June 6, 2:00-3:00

Friday, June 7, 12:00-2:00

Saturday, June 8, 1:00-2:00

Stretch & Tone

Kids Yoga

Chair Yoga

Biometric Testing

Meditation

Monday, June 10, 11:00-12:00

Tuesday, June 11, 4:00-5:00

Tuesday, June 11, 6:00-7:00

Thursday, June 13, 2:00-3:00

Stretch & Tone

Kids Yoga

Pilates/Yoga Fusion

Chair Yoga

Monday, June 17, 11:00-12:00

Tuesday, June 18, 4:00-5:00

Wednesday, June 19, 6:00-8:00

Thursday, June 20, 12:00-2:00

Thursday, June 20, 2:00-3:00

Saturday, June 22, 1:00-2:00

Monday, June 24, 11:00-12:00

Tuesday, June 25, 4:00-5:00

Tuesday, June 25, 6:00-7:00

Thursday, June 27, 2:00-3:00

Stretch & Tone

Kids Yoga

Retirement Wellness Seminar

Know Your Numbers: Follow-up to Biometric Testing

Chair Yoga

Meditation

Stretch & Tone

Kids Yoga

Pilates/Yoga Fusion

Chair Yoga

- **STRETCH & TONE.** In this class you will do simple, gentle exercises with bands to increase your strength and flexibility. Bands are available for use and for purchase at cost.
- **KIDS YOGA.** This yoga class is for children age 4 and up and includes a storytime. Please bring a mat or towel.
- **CHAIR YOGA.** Gentle yoga stretches done mostly on a chair. No mats needed.
- **BIOMETRIC TESTING** includes screenings with health professionals for the following: Blood Pressure, Heart Rate, Height, Body Scanner (which includes body mass index, weight, body fat percentage, muscle mass percentage, resting metabolism kcalories, body age, and visceral fat), and Glucose. This testing will give you a baseline to work from over the next six months as you Get Fit @ Your Library.
- **YOGA-PILATES FUSION.** Beginners through advanced yoga and pilates. Some exercises will use bands. Bands are available for use and for purchase at cost. Please bring a mat or towel.
- **RETIREMENT WELLNESS SEMINAR.** This interactive workshop helps you create a meaningful retirement by building a retirement curious list; creating a one-page Retirement Wellness Plan; answering three critical questions that will change your retirement forever; preparing for everyday life in retirement
- **KNOW YOUR NUMBERS (follow-up class to Biometric Testing).** In this class you will review your results from the biometric testing, set targets, and discuss lifestyle strategies that can change those results. Each participant will be encouraged to bring their numbers in, so that they can leave with an action plan.