

COLLINGSWOOD WELLNESS WEEK

MON, APRIL 10	TUES, APRIL 11	WED, APRIL 12	THURS, APRIL 13	FRI, APRIL 14	SAT, APRIL 15
7:30AM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	6AM: ASHTANGA YOGA @ YOGAWOOD, \$5	8AM: MAYORS WALK @ KNIGHT PARK, FREE	8:30AM: PILATES REFORMER @ PILATES SOUL, \$5	9AM: STROLLER WALK @ THE NESTING HOUSE, FREE	COMMUNITY DAY AT KNIGHT PARK!
9AM: STROLLER WALK @ THE NESTING HOUSE, FREE	9AM: STROLLER WALK @ THE NESTING HOUSE, FREE	9AM: STROLLER WALK @ THE NESTING HOUSE, FREE	10AM: MOMMY AND ME FITCORE @ COMMUNITY CENTER, \$5	10AM: RELAX, RENEW, REVITALIZE YOGA @ COMMUNITY CENTER, \$5	
9:30AM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	9:30AM: PILATES REFORMER @ PILATES SOUL, \$5	11AM: BEGINNER PILATES @ COOPER RIVER BALLET, \$5	11AM: CONTROLLING WEIGHT GAIN AT ANY AGE SEMINAR @ COMMUNITY CENTER, FREE	10:30AM: SCRABBLE CLUB @ COMMUNITY CENTER, FREE	9-11AM CAR SEAT SAFETY CHECKS @ POLICE DEPT, FREE
11AM: BEGINNER PILATES @ COOPER RIVER BALLET, \$5	10AM: IYENGAR 50+ YOGA @ COMMUNITY CENTER, \$5, MUST RSVP	11:30AM: SPINNING @ UPCYCLE, \$5	11:15AM: CHAIR YOGA @ COMMUNITY CENTER, \$5	11AM: BEGINNER PILATES @ COOPER RIVER BALLET, \$5	
11:30AM: SPINNING @ UPCYCLE, \$5	10:30AM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	11:30: RELAX, RENEW, REVITALIZE YOGA @ COMMUNITY CENTER, \$5	1PM: CARD GROUP @ COMMUNITY CENTER, FREE	11:30AM: SPINNING @ UPCYCLE, \$5	9:45AM: BEGINNER PILATES @ COOPER RIVER BALLET, \$5
12-8PM: NUTRITION & BODY TOXICITY SCREENINGS @ HEALING SPACE, \$5, MUST RSVP	11:15AM: CHAIR YOGA @ COMMUNITY CENTER, \$5	12-8PM: NUTRITION & BODY TOXICITY SCREENINGS @ HEALING SPACE, \$5, MUST RSVP	3PM: HOLISTIC SENIOR FITNESS CLASS 65+ @ UNITED METHODIST COMMUNITIES, \$5	12-8PM: NUTRITION & BODY TOXICITY SCREENINGS @ HEALING SPACE, \$5, MUST RSVP	12PM: BEGINNER YOGA @ YOGAWOOD, \$5
	1-3PM: AUDIOLOGY SCREENINGS @ COMMUNITY CENTER, FREE		4PM: SPINNING @ UPCYCLE, \$5		2PM: ZUMBA @ UNIVERSAL BALLROOM CENTER \$5, MUST RSVP
1PM: HAND STRENGTH, POSTURE & BLOOD PRESSURE SCREENINGS @ LEONARD OTR, FREE	3PM: HOLISTIC SENIOR FITNESS CLASS 65+ @ UNITED METHODIST COMMUNITIES, \$5	12:30PM: CHAIR MASSAGE @ COMMUNITY CENTER, \$5 FOR 10MINS	5:30PM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	1PM: LINE DANCING @ COMMUNITY CENTER, \$3	COMMUNITY DAY @ KNIGHT PARK EVENTS! <i>ALL EVENTS FREE</i> 8AM: FUN RUN & BROAD STREET TRAINING RUN @ KNIGHT PARK 9AM: TAI CHI CHIH CLASS 9AM-2PM: KIDS INFLATABLE OBSTACLE COURSE! 10AM: ACTIVE GAMES WITH EXTRAORDINARY ED 11AM: FIREFIGHTER CHALLENGE 11AM: HEALTHY SNACKS FROM WAWA 11:30AM: POLICE DEPT TUG-OF-WAR 12PM: SUN SALUTATION @ KNIGHT PARK PAVILION
4PM: PEDIATRIC EYE SCREENINGS @ PREMIER EYE ASSOCIATES, FREE	3PM: TAI CHI CHIH @ UNITED METHODIST COMMUNITIES, \$5	2PM: LOW IMPACT SCULPT AND TONE @ COMMUNITY CENTER, \$5	6:15PM: COMMUNITY BIKE RIDE - STARTS @ KNIGHT PARK, 5 MILES, FREE	2PM: YIN-REIKI @ YOGAWOOD, \$5	
5PM: CHAIR MASSAGE @ COMMUNITY CENTER, \$5 FOR 10MINS	4PM: SPINNING @ UPCYCLE, \$5	4PM: PEDIATRIC EYE SCREENINGS @ PREMIER EYE ASSOCIATES, FREE	6PM: QIGONG @ ST. PAULS, \$5 DONATION	6PM: YOGA NIDRA @ YOGAWOOD, \$5	
5:15PM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	5PM: ROTATOR CUFF DISEASE & ARTHRITIS PRESENTATION @ COMMUNITY CENTER, FREE	5PM: TRX SUSPENSION TRAINING @ PILATES SOUL, \$5	6:30PM: ADDICTION EPIDEMIC IN SUBURBIA SEMINAR @ COMMUNITY CENTER, FREE	6PM: FAMILY GAME NIGHT - IDEAS, STRATEGIES AND FUN! @ COMMUNITY CENTER, FREE	
5:30PM: MOMMY AND ME BODY BARRE @ COMMUNITY CENTER, \$5	6PM: SELF DEFENSE CLASS @ KENKOJUKU KARATE, FREE, MUST RSVP	6:30PM: HEALTHY NUTRITION FOR DOGS AND CATS @ THE PRINCIPLED PET, FREE	6:30PM: VIRTUAL SUPERMARKET TOUR @ COMMUNITY CENTER, FREE	6:30PM: COLOR THERAPY 101 SEMINAR @ CONSTELLATION COLLECTIVE, \$5, MUST RSVP	
FEATURED 6:30PM: HEALTHY COOKING DEMONSTRATION @ COMMUNITY CENTER, FREE	FEATURED 6:30PM: MOMMY & ME BOOTCAMP WORKOUT @ COMMUNITY CENTER, FREE	FEATURED 6:30PM: INTRODUCTION TO MEDITATION @ COMMUNITY CENTER, FREE	FEATURED 6:30PM: WRITING FOR HEALING @ COMMUNITY CENTER, FREE	FEATURED 6:30PM: YOGA HAPPY HOUR! @ COMMUNITY CENTER, FREE	
7:30PM: QIGONG @ ST. PAULS, \$5 DONATION	6:30PM: FOOD & MOOD SEMINAR @ COMMUNITY CENTER, \$5	6:30PM: ADULT HIP HOP DANCE @ MONARCH SCHOOL OF DANCE, \$5	6:30PM: ADULT BEGINNER BALLET @ COOPER RIVER BALLET, \$5	7:30PM: DANCESPORT FOR YOUTH DEMO @ UNIVERSAL BALLROOM CENTER, FREE, MUST RSVP	
8:15PM: PILATES REFORMER @ PILATES SOUL, \$5	7PM: KID & TEEN CALMING CRAFTS WORKSHOP @ COMMUNITY CENTER, FREE	7PM: STRESS MANAGEMENT FOR TEENS & FAMILIES @ COMMUNITY CENTER, \$5	7:45PM: PILATES MAT @ PILATES SOUL, \$5		

ALL WEEK LONG: **HALF PRICE JUICES AND SMOOTHIES FROM SWEET FREEDOM!** 577 HADDON AVE

FULL EVENT DETAILS AT COLLINGSWOOD.COM