

Medical Fitness Week

All of the events listed below will be conducted on a first come, first served basis.

No reservations are required.

Monday, April 24

Yoga Table	9:15 - 10:15 a.m.	Jessie	Lobby
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Tuesday, April 25

Yoga Table	6 - 7 p.m.	Shannon	Lobby
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Fit-Blitz	6 - 8 p.m.	Fitness Staff	Studio 2
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Yoga Table	7 - 8 p.m.	Renee and Abby	Lobby
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Wednesday, April 26

Fit-Blitz	10 a.m. - noon	Fitness Staff	Studio 2
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Yoga Table	11:45 a.m. - 12:45 p.m.	Shannon	Lobby
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Thursday, April 27

Community Acupuncture	9 - 11 a.m.	Bridget	Studio 5
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Friday, April 28

FREE coffee Friday	starting at 7 a.m.		Lobby
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Yoga Table	10 - 11 a.m.	Renee	Lobby
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Saturday, April 29

Yoga Table	9 - 10:30 a.m.	Abby	Lobby
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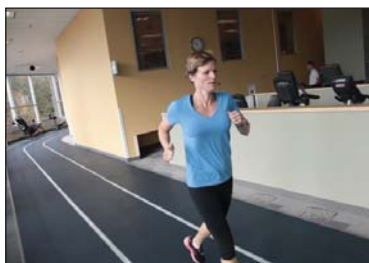
Prevention Through Active Lifestyles

SEE REVERSE SIDE FOR MORE INFORMATION



5157 N. Francisco Ave.
Chicago, IL 60625
773-878-9936
GalterLifeCenter.org

Medical Fitness Week



Move150 Challenge

Galter LifeCenter is a member of the Medical Fitness Association and is participating in their Annual Medical Fitness Week challenge and we need your help. The American College of Sports Medicine encourages us to be physically active at least 150 minutes per week. The MOVE150 Challenge is a way for our community to get moving using a variety of methods like, swimming, biking, walking or stretching. **Every nonmember who participates will get a free one-week membership to Galter LifeCenter to get your minutes moving with us.**

Free ViPR

The ViPR workout integrates strength and cardio training to build muscle, burn calories and improve agility. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move. Check the Unlimited Membership Class Schedule for class times. ViPR is FREE all week!

Yoga Table

Meet with one of our professional mind and body instructors to discover the benefits of Private Yoga and other one on one mind and body private services. Whether you are new to yoga, have some health concerns or want to deepen your practice our mindful team can help! Everyone who stops by the table can enter our raffle for a free private session!

Fit-Blitz

Stop by for a quick mini-assessment with one of our certified personal trainers. Fine tune your goals and workout program based on your current fitness level.

Community Acupuncture

Enjoy a healing experience with your other Galter LifeCenter members! Join us for a Community Acupuncture event. Treatment will be focused on Battlefield acupuncture, used to reduce pain and calm the nervous system.

FREE coffee Friday

Grab a free pre or post workout cup of joe in the lobby.

SEE REVERSE SIDE FOR SCHEDULE OF EVENTS



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