

## CLASS DESCRIPTIONS

**Sunrise Yoga** – Wake up and flow! This class will consist of some faster paced flows and an exploration of more challenging sequences. Some previous experience in yoga is recommended.

**Citwalk** – Citwalk takes a 60-minute urban stroll through downtown and enjoy a stop each week at a new and interesting place.

**Walk & Talk at the Commons** – Walk about 2 miles on the Commons track with a group. \$10 per month.

**Senior Pep Fitness** – Get energized and gain endurance, flexibility, strength. \$20 per month

**Pickle ball** – A low-impact, high-energy doubles racket sport that blends tennis, badminton and ping pong.

**Senior Men's Basketball** – Shoot baskets or enjoy a pickup game. Balls provided.

**Gym for Me** – Toys, balls, inflatables and more provided. Adult supervision required. \$20 per month

**Splash with Me** – Adult supervision required. Monday-Friday 10:00-11:30 a.m. Fee assessed for both child and guardian - Pool Membership rates apply.

**Open Gym** – (8th grade & under) Parents and guardians welcome.

**Book Club** – Come to the library in the Commons and enjoy a book with some of your local community members.

**Board and Card Games** – Come to the library in the Commons and enjoy a board or card game with some of your local community members.

**Achieve** – A physical education curriculum offers as standards-based, age-and skill-appropriate program that emphasize both skill development and fitness. ACHIEVE focus on fundamental movement that create a foundation for lifelong success in sports and physical activity.

**Dame Tu Mano (Give Me Your Hand)** – Tu Salud Si Cuenta (Your Health Matters) – Hispanic women are educated on health and fitness to decrease BMI and A1c numbers, have them establish them with a health care system and increase preventative care

**Woman, Infant, & Children** – BABE=Beds And Britches Etc.

- Pop up Store- Participants will have increased access to adequate prenatal and infant care that they purchase with coupons earned by attending programming and appointments
- Potty Training- best practices
- 2's & Beyond- guidance on dealing with discipline issues, growth & other developments
- Breastfeeding education and assistance
- Additional specialist will also come into discuss parenting assistance and improvements as requested

**Digital Safety** – Participants will increase their knowledge of how to stay safe online, what to look for, and how it can affect them. As well as how parents can better protect their children

**8 Dimensions of Well-being Series: Emotional, Social, Financial, Environmental, Physical, Intellectual, Occupational, Spiritual** – Community will have greater awareness on how the 8 dimensions impact their overall health

**Question, Persuade, Refer: Suicide Prevention** – Participants will increase knowledge of mental health disorders, decrease stigma, and promote early intervention for individuals at risk of suicide

**Adverse Childhood Experience's (ACEs)** – ACE Interface presentations offer an opportunity for community audiences to learn about the study, how childhood adversity effects development and health, and strategies that we can all use to reduce the negative impact of ACEs on individuals and communities.

**Adverse Childhood Trauma- EMBRACE** – An afternoon program that focuses on equipping youth with activities in the form of interventions. Our goal is to reduce the level of trauma in the community.

**Overdose Lifeline** – Opioid Public Health Crisis: Individuals will receive an in-depth understanding of the opioid public health crisis – what is occurring, how we arrived here, the contributors and risk factors. You will learn how to recognize the signs of an opioid overdose and how the opioid reversal drug Naloxone works. The course will conclude with a review of the multifaceted solutions model that states and communities are applying to reduce the effects of the health crisis.