

Active! *Alive!

Fitness Menu

FREE Fun Activities in Grant County for All Abilities

Monday Tuesday Wednesday Thursday Friday **Wonder Walkers Gentle Exercise & Wonder Walkers** Gentle Yoga **Wonder Walkers** Walking Club Walking Club Good Shepherd Walking Club **Stretches** Meet at **SC Visitors Meet at **SC Visitors Episcopal Church Meet at **SC Visitors Mimbres Senior *Center.* More info? *Center.* More info? Enter at rear door of Center. More info? Center Call 388-1266 Call 388-1266 Fellowship Hall Call 388-1266 10:00—11:00 AM 8:00 AM 8:00 AM 7th & Texas St 8:00 AM Silver City **Qigong** Strong Women / 12:30—1:30 PM Strong Women / Strong Women / Former NM College **Strong Bones** of Natural Healing **Strong Bones Strong Bones** *GC Extension Service 6th and Pinos Altos *GC Extension Service Silver Stompers *GC Extension Service Office Office Office 1:30-2:00 **Beginners** 2610 N Šilver, SC** 2610 N Silver, Silver City 2610 N Silver Line dancing For more info call: 9:30—10:45 AM 9:30-10:45 AM 9:30—10:45 AM GC Convention 388-2098 **Gentle Chair Exercise** Center Stretch and Tone **Stretch and Tone** 4:00—5:00 PM & Stretching Silver City Senior Silver City 5:30-6:30 PM Silver City Senior Senior Center Center Center 11:00 AM 11:00 AM 11:00 AM Zumba Beginning August **Laughter Club** Silver Stompers 6th-Town of Silver (1st, 3rd and 5th) Intermediate Line Recreation Special **Good Shepherd** dancing Center **Event!** Episcopal Church GC Convention Center 1:30-2:30 Parish Hall Summer Every other Wed 12:15-12:45pm Walks beginning July 17th **Silver Stompers** Tuesdays 8AM 1-2:30 PM Tai Chi **Beginners** Beginning (Call Lydia at July 9th thru Line dancing Tai Chi 534-0059 to sign up.) August 13th GC Convention (Call Lydia at Meet at the Silver City Senior Center 534-0059 to sign up.) HUB- 6th and Do It Center 4:00—5:00 PM Silver City Senior Bullard 1:00 PM 5:30-6:30 PM For a Center Downtown **Silver Stompers** walking loop 1:00 PM *Healthier* 1 or 2 mile Intermediate Line Got a class you'd option. Coffee Dancing You! **Bayard Weights** like to offer free to hat afterwards GC Convention Center and Bands our optional! 3:30 - 5:00 PM Bayard Lions Club local community? Call: Mary 6:00—7:00 PM Call Ann Finn **Table Tennis** Marilyn 388-0243 *GC=Grant County GC Convention Center at **Table Tennis** **SC=Silver City (Bring a paddle) 575-313-0118 GC Convention Center 5:30—7:00 PM Mon-Fri (Bring a paddle) Call Gerald for more between 5:30—7:00 PM info: 388-8113 9AM and 4 PM. Call Gerald for more We'd love to add you info: 388-8113 SEE OTHER SIDE FOR to our Fall **MORE INFORMATION!** schedule-beginning October 7th through

December 13th!

Summer 2013

July 8th—September 13th



Special Event!

Summer Walks Tuesdays 8AM Beginning July 9th thru August 13th Meet at the HUB- 6th and Bullard Downtown Walking Loop 1 or 2 mile option. Coffee chat afterwards-optional! Call: Mary Ann Finn 388-0243



FREE FUN **Activities** in Grant County for All Abilities

Supporting Organizations:







Thank You to our **Volunteer Group Leaders!**

Jose Enriquez......Wonder Walkers Martha Everett......Qigong Mary Ann Finn.....Laughter Club Carney Foy......Table Tennis Jeff Goin.....Gentle Chair Exercise & Stretching Marta Goodman.....Stretching & Toning Lora Gose......Beginning Line Dancing Carolyn Havens.....Beginners Silver Stompers Lucinda Maddox.....Beginners Silver Stompers **Lucy MadridIntermediate Silver Stompers** Thelma Melvin.....Gentle Exercise & Stretches Lydia Moncada.....Tai Chi & Dancercise Judy O'Loughlin.....Strong Women/Strong Bones Siva Raven.....Beginning Line Dancing Jessie Saenz-Gomez.....Zumba Colleen Stinar.....Gentle Yoga Pete Trujillo.....Bayard Weights and Bands







GRANT COUNTY

OMMUNIT HEALTH COUNCIL





Would you like to suggest or lead a new class? Contact Marilyn at 575-313-0118 (Mon-Fri 9:00 AM—4:00 PM)

with any suggestions or comments you have!

CHECK US OUT ON THE WEB AT:

http://www.grmc.org/Community/ Classes/Active-Alive.aspx





SEE OTHER SIDE FOR SCHEDULE!