

# Weekly Activities

**Week 1:** No Activity

**Week 2:** Zumba

**Location:** Stacy Multipurpose Center

**Date:** March 9, 2017

**Time:** 5:30 PM

**Date:** March 11, 2017

**Location:** Basement of the Hal England Center

**Time:** 9:30 AM

**Instructors:** Megan Derry and Adriane Todd

**Week 3:** Yoga

**Location:** Hal England Basement

**Date:** March 14, 2017

**Time:** 6:00 PM

**Date:** March 18, 2017

**Time:** 9:30 AM

**Items Needed:** Yoga Mat, Comfortable clothing

**Instructor:** Cindy Akers

**Week 4:** Stability Ball

**Location:** Princeton Physical Therapy

**Date:** March 21, 2017

**Time:** 12:00 PM and 6:00 PM

**Items Needed:** Clean workout shoes (please bring an extra pair to change into)  
Stability Ball, stretch bands and BOSU ball if you have them.

**Instructor:** Amy McDaniel

**Week 6:** Healthy Cooking

**Location:** Basement of the Mercer County Health Department

**Date:** March 28, 2017

**Time:** 12:00 PM and 6:00 PM

**Location subject to change**

**Week 7:** Color Your Way to Health 5K

**Location:** Mercer City Park

**Date:** April 8, 2017

**Time:** Sign in at 7:00 AM and Race at 7:30

**Week 8:** No Activity