



# 2024 WELLNESS SERIES

## SCHEDULE AT A GLANCE

June

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	4 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	5 <del><b>Guided Trail Run</b></del> <del>Rattlesnake Point</del> <del>5:30-7:30PM</del> <b>Cancelled</b>	6	7	8
9	10 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	11 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	12 <del><b>Guided Trail Run</b></del> <del>Rattlesnake Point</del> <del>5:30-7:30PM</del>	13	14	15
16 <b>OneAxe Pursuits Climbing</b> Rattlesnake Point <i>(two sessions)</i> 10:00-12:00 PM 12:00-2:00PM	17 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	18 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	19	20	21	22 <b>Guided Trail Run</b> Rattlesnake Point 10:00AM-12:00PM + <b>Arc'teryx Trail Run</b> <b>Shoe Demo Day</b>
23	24 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	25 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	26	27	28	29
30						



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### July

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	2 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	3	4 <b>Open Water Swim</b> Area 8 6:00-8:00PM	5	6
7 <b>Open Water Swim</b> Area 8 7:30-9:30AM  <b>Guided Trail Run</b> Kelso/Area 8 10:00AM-12:00PM + <b>Arc'teryx Trail Run</b> <i>Shoe Demo Day</i>	8 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	9 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	10	11 <b>Open Water Swim</b> Area 8 6:00-8:00PM	12	13
14 <b>Open Water Swim</b> Area 8 7:30-9:30AM  <b>OneAxe Pursuits</b> <b>Climbing</b> Rattlesnake Point 12:00-2:00PM 2:00PM-4:00PM	15 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	16 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	17 <b>Guided Trail Run</b> Kelso/Area 8 5:30-7:30PM  + <b>Arc'teryx Trail</b> <b>Run Shoe Demo</b> <i>Day</i>	18 <b>Open Water Swim</b> Area 8 6:00-8:00PM	19	20
21 <b>Open Water Swim</b> Area 8 7:30-9:30AM	22 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	23 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	24	25 <b>Open Water Swim</b> Area 8 6:00-8:00PM	26	27
28 <b>Open Water Swim</b> Area 8 7:30-9:30AM	29 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	30 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	31			



# 2024 WELLNESS SERIES

## SCHEDULE AT A GLANCE

August

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 <b>Open Water Swim</b> Area 8 6:00-8:00PM	2	3
4 <b>Open Water Swim</b> Area 8 7:30-9:30AM	5 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	6 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	7 <b>Guided Trail Run</b> Crawford Lake 5:30-7:30PM + <b>Arc'teryx Trail Run Shoe Demo Day</b>	8 <b>Open Water Swim</b> Area 8 6:00-8:00PM	9	10 <b>Guided Trail Run</b> Crawford Lake 10:00AM-12:00PM + <b>Arc'teryx Trail Run Shoe Demo Day</b>
11 <b>Open Water Swim</b> Area 8 7:30-9:30AM	12 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	13 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	14	15 <b>Open Water Swim</b> Area 8 6:00-8:00PM	16	17
18 <b>Open Water Swim</b> Area 8 7:30-9:30AM  <b>OneAxe Pursuits Climbing</b> Rattlesnake Point 12:00-2:00PM 2:00-4:00PM	19 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	20 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	21	22 <b>Open Water Swim</b> Area 8 6:00-8:00PM	23	24
25 <b>Open Water Swim</b> Area 8 7:30-9:30AM	26 <b>HIIT in the Park</b> Area 8 6:00-7:00PM	27 <b>Yoga in the Park</b> Area 8 6:30-7:30PM	28	29	30	31