



2024 WELLNESS SERIES

SCHEDULE AT A GLANCE

June

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



2024 WELLNESS SERIES

SCHEDULE AT A GLANCE

July

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

August



2024 WELLNESS SERIES

SCHEDULE AT A GLANCE

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