

Pathways to Wellness

JUNE 2022

Hopedale
**Wellness
Center**



CENTER

WELLNESS



HOPEDALEWC.COM
309.449.4500

WHAT'S HAPPENING IN JUNE



4-WEEK SOCCER SKILLS CLINIC

Ages 5-10

Set your soccer player up for success with our 4-week skills clinic! We will focus on dribbling, passing, shooting, and ball control. Clinic will meet in the Wellness Center Lobby.

Members: \$35

Non-Members: \$50

- **Advanced skills clinic starts Monday, June 13th at 5:30pm to 6:30pm.**
- **Intermediate skills clinic starts Wednesday, June 15th at 5:30pm to 6:30pm.**
- **Beginner skills clinic starts Saturday, June 18th at 9:00am to 10:00am.**

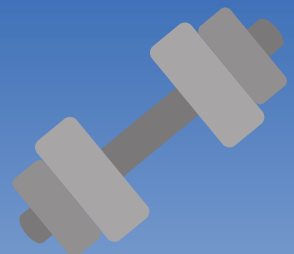
Table Event

Registered Dietitian, Amy Sammis is back with another table event!

This month, Amy is tackling the topic of pre and post workout snacks. Stop by the Wellness Center lobby and try one of Amy's healthy delicious samples!



Friday, June 17th
9:00am-11:00am

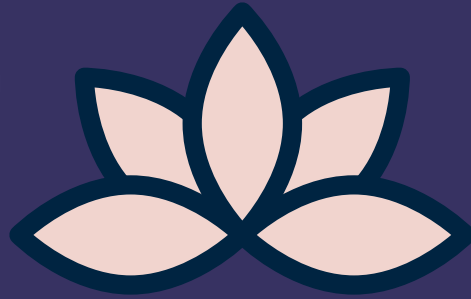


YOGA

We're excited to announce that Yoga is back at the Wellness Center! Classes start Monday, June 6th.

Restorative Yoga

Monday/Wednesday
5:30pm-6:30pm
Starts June 6th.



Sunrise Flow

Tuesday/Thursday
6:30am-7:15am
Starts June 7th.

All yoga classes are available to members through our Group Fitness add-on. Yoga punch cards are available for non-members. Punch cards are \$80 for 8 classes and can be purchased at the Wellness Center front desk.

Run like a GIRL Training Camp

**Girls 6th-8th grade
June 28th, 29th and 30th
10:00am-11:00am**

Register today at the front desk or by calling 309.449.4500.



MEMBERSHIP REFERRAL PROGRAM

JUNE 1ST - JULY 31ST

FOR MORE INFORMATION STOP BY THE FRONT
DESK OR USE THE QR CODE BELOW.

