



# Your Life's Direction 13th Anniversary



## April 17th-21st, 2017

### @ Shiwi Ts'ana Park

#### Monday, April 17th

5:30pm - Step / SPINNING - Fitness Place 164 B Avenue - Blackrock

#### Tuesday, April 18th

5:30pm - Mixed Fit - Fitness Place 164 B Avenue - Blackrock

#### Wednesday, April 19th

2:00 pm -Tai Chi - ADC Clients Only

6:00 pm - Non-Competitive Bike Ride (8-12year old)

1.5 miles, (13 and older) 6miles \*Helmet Required\*

6:00 pm ~ 2.5 Mile Walk/Run

6:00 pm ~ 1.5 Mile Walk/Run

6:00 pm ~ Zumba Color Tara/other GUEST

6:15 pm ~ Elder Walk (Must be 60 yrs. old & older)

#### Thursday, April 20th

2:00pm - Elder Workout - Fitness Place 164 B Avenue - Blackrock

10:00am - Head Starts Kids Day walk - @ Head Start, South Highway 53

#### Friday, April 21st

5:30pm - SPINNING - Fitness Place 164 B Avenue - Blackrock

#### Register at the following sites:

- WIC/Healthy Lifestyles Program
- Zuni Diabetes Program- I.H.S
- Pine Hill Wellness Center
- Zuni DIPS Program
- Zuni Teen Health Center



Grand Door prize for 8 and under that Register & Participate to be Eligible



For more information Contact:

Zuni Healthy Lifestyles Program @505-782-2299