

# FREE FITNESS DAY! MAY 19th

## NATIONAL EMPLOYEE HEALTH & FITNESS DAY!

Join HFM Wellness Center, Manitowoc-Two Rivers YMCA, Bellin Health and Balance on Buffalo for **FREE** on **MAY 19th!**



**HFM Wellness Center**  
1650 S. 41st St., Manitowoc  
(920) 360-4600  
[www.hfmhealth.org/services/wellnesscenter/](http://www.hfmhealth.org/services/wellnesscenter/)

### May 19th WELLNESS CENTER FREE CLASS SCHEDULE:

- **5:30 am** Total Strength
- **8:00 am** Deep Impact (*pool*)
- **9:00 am** Cross Train Circuits (*outside*)
- **9:00 am** Aqua Blast (*pool*)
- **10:00 am** Yoga
- **10:00 am** Arthritis Foundation Aquatic (*pool*)
- **11:00 am** Tai Chi
- **12:00 pm** Balance Fit and Fun
- **5:00 pm** Kettlebells and More (*outside*)
- **5:00 pm** h20 Fitness

Enrollment fees waived May 19th (\$50 value). Personal training packages can be purchased at member pricing rates. Limit 1 per person (available in 1, 4, 8, and 12 packs).

The Wellness Center, and the entire HFM network, requires masks to be worn indoors per our company policy.



**Manitowoc-Two Rivers YMCA**  
205 Maritime Dr., Manitowoc  
(920) 682-0341  
[www.mtrymca.org](http://www.mtrymca.org)

### May 19th YMCA FREE CLASS SCHEDULE:

- **5:15–6:15 am** Group Power® (*Jenny W.*)
- **7:45–8:35 am** R.I.P.P.E.D.® (*Donielle*)
- **9:00–9:45 am** Rhythm Aerobics (*Cheryl*)
- **10:00–10:45 am** Silver Sneakers® Classic (*Cheryl*)
- **11:00–11:45 am** Water Fusion (*Debbie*)
- **12:10–12:50 pm** Cardio Bootcamp (*Chris*)
- **5:15–6:15 pm** Group Power® (*Amanda*)
- **5:15–6:35 pm** Group Ride® (*Melissa*)

Lap Swim/AquaJog, Walking Track, Pickleball, Tennis, Basketball, Racquetball available all day.

Sign up for Y membership on Wednesday, May 19th and we will waive the Join Fee (\$50 value). Benefits include reduced year round youth and family program fees, including child care.

### WHY PROMOTE FITNESS AT WORK?

- Increased productivity
- Reduced rates of absenteeism, presenteeism, and sickness
- Reduced medical costs
- Improved stamina and morale
- Reduced stress

### ABOUT

National Employee Health & Fitness Day was created as a national observance to promote the benefits of physical activity through worksite health promotion activities.

**\*Times and classes are subject to change**

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**Balance On Buffalo**  
924 Buffalo St., Manitowoc  
(920) 684-8880  
[www.balanceonbuffalo.com/](http://www.balanceonbuffalo.com/)

### May 19th BALANCE ON BUFFALO FREE HALOTHERAPY SESSIONS:

Unwind in our Salt Room for a complimentary Halotherapy Session: Appointments available from **10:00 am–4:00 pm** and can be scheduled on the hour).

Each session will have a maximum capacity of 5 individuals. Call (920) 684-8880 to book an appointment

(Salt therapy is great for overall wellness, especially respiratory and skin. While you sit back in the lounge chair under the soft glow of the salt panels, your only job will be to relax and breathe while the salt particles from the halo generator penetrate deep into the respiratory system, absorbing excess mucus, allergens, bacteria, and other foreign elements. Headphones will be provided for music/guided meditation.)



**Bellin Health**  
[www.youtube.com/  
user/BellinFitness](http://www.youtube.com/user/BellinFitness)

### BELLIN HEALTH AT-HOME WORKOUT VIDEOS:

- [Stretches](#) (4:04 minutes)
- [Glutes](#) (2:29 minutes)
- [Lower Body](#) (2:53 minutes)
- [Balance](#) (2:27 minutes)
- [Push up Challenge](#) (1:57 minutes)
- [Core](#) (3:11 minutes)
- [Upper Body](#) (3:15 minutes)
- [Cardio](#) (2:13 minutes)

### PRIZES

- **Football autographed by Packers' Darnell Savage** with Certificate of Authenticity for one winner (donated by Bellin Health)
- **One Month Family Membership to the YMCA** (new members only, value \$109) for two winners. If a member wins, they will receive a **\$25 Gift Certificate** that can be used for program registration.
- **One Month Membership to the Holy Family Memorial Wellness Center** (must be redeemed by June 30<sup>th</sup>) for two winners.
- **\$25 in Chamber Bucks** for two winners (donated by Bellin Health).
- **Bellin Health sports jackets or headbands** to multiple winners

**To be entered to win**, attend a class/session and add your name to the sign up sheet or share a photo with yourself doing a fitness activity with the hashtag **#youreitgetfit** on Facebook or Instagram.