

Description of *Healthy You for Life* Events

FREE Mt. Trashmore Group Walking, Virginia Beach

310 Edwin Drive Virginia Beach, VA 23462

The group will meet at 9:30am on scheduled weekends in the parking lot near the skateboarding park (LEFT side of Mt Trashmore if looking from Rt 264) for these events. We will begin walking 10 minutes after the meeting time, but please just join in if you get there late. There is plenty of parking in this area. Event will take place rain or shine.

Time: 9:30am

Ages: All

Please contact us ahead of time if you feel that you may have trouble finding us. See link to map.

FREE FITclub Events, Virginia Beach

The group will meet from 11am-12pm on scheduled Saturdays. **RSVP by 5 pm on Friday: 668-7860**

This group fitness class is open to all ages and abilities. Parents are welcome to participate as well. Come prepared for a fun, high energy hour of indoor fitness!

Ages: 7-12

Location of these events:

Performing Arts Academy of Virginia Beach
4402 Princess Anne Rd.
Virginia Beach, Virginia, 23462

Please contact us ahead of time if you feel that you may have trouble finding us.

Healthy You Game Days, Chesapeake

Tag You're It!

Play fun, interactive games that will keep you moving without feeling like you are working out. Participate in a wide variety of games! Some may be new to you like X Marks the Spot or Cup Attack and some will be variations of games like Tag and Steal the Ball. If you are not in the mood to play, come out and see members of the team and take advantage of the walking path to get your daily dose of exercise.

Time: 9:30

Ages: All

Location of these events:

CHKD Health Center at Oakbrooke
500 Discovery Drive, Suite 202
Chesapeake, VA 23320

FREE Kids Monday Night Zumba, Norfolk

Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Mambo Room in Norfolk is offering free kids Zumba on Monday afternoons.

Time: 5-6pm

Ages: 7-12

Location of events:

Mambo Room
2200 Colonial Avenue, Suite 4
Norfolk VA 23517
(757) 351-6092
info@mamboroomdance.com



** A Healthy You for Life team member will not always be present for these events, we will leave the Zumba dance instruction to the experts.*

Movie Cardio & Circuit Training

Enjoy yourself watching your favorite movies and get a good work out at the same time! You won't stop moving in this class. If you aren't talking it up and having a good time using our treadmills, bikes and ellipticals, you'll be moving from station to station getting an active and fun workout at the different stations! It's an easy and fun way to get your exercise in, come on in and try it out!

Wednesday Night Group Fitness

Join a group of like minded individuals who are working to achieve personal goals and have some fun at the same time! Class will involved indoor and outdoor fitness activities geared towards the ability level of the participants.

Time: 7:00-8:00pm

Ages: All

Location of these events:

1st Wednesday of the month
CHKD Health Center at Kempsville
171 Kempsville Road
Norfolk, VA 23502

3rd Wednesday of the month
CHKD Health Center at Oakbrooke
500 Discovery Drive, Suite 202
Chesapeake, VA 23320

The highlighted classes and events will have a \$5 participation fee per participant or \$10 fee per family (space permitting & sibling participants must be age 7 or older with a parent present). Healthy You for Life participants will receive a punch card at their first event that is good for 3 FREE sessions. Participants will also have the opportunity to purchase a 5 CLASS PUNCH CARD for \$20.

**Please wear athletic clothing and athletic shoes and bring a water bottle to each event.

**Children should always be supervised by an adult.

Please contact Kira Davies @668-6644 or Kira.Davies@chkd.org with any questions prior to the events.