

## **Summer Health Trip**

FITCITY, USA Part II

Kicks-off June 28, 2003

10-week fictitious "trip"

Activity Fee: \$25

(The activity fee is reduced to \$20 for those who sign-up with a "Health Buddy".

The fee allows you to participate in all activities for 10 weeks.

The current schedule of activities is listed below.)

### **To Register**

Registration and Physical Assessments will take place as follows:

#### **Municipal Services Building**

16th Floor, Room Y

July 14 & 16

8am to 4pm

#### **City Hall**

Room 201

July 22

10am to 2pm

Just e-mail [Kemba.Esmond@phila.gov](mailto:Kemba.Esmond@phila.gov) a day and hour you choose to register & have your assessment done. We'll confirm your appointment right away!

### **ACTIVITIES**

The scheduled activities for Center City are listed below.

If you are not located near Center City but would like to participate, we will set up satellite sites where there are 35 or more employees interested in participating and where there is space for activity.

Just call (215) 686-2128 or e-mail [Kemba.Esmond@phila.gov](mailto:Kemba.Esmond@phila.gov).

Please note, this schedule is subject to change.

Additional classes may be added.

## Center City Activities

### MONDAYS:

7am	Walking Club from the MSB and 990 Spring Garden
12 noon	Walking Clubs leaving from the MSB, Free Library, 1101 Market, 990 Spring Garden, 500 South Broad
12:30	Indoor Walking Club at 1101 Market, 8th Floor
4:00 - 5:00	Pilates at MSB, 16th Floor
6:00 - 8:00 p.m.	Cooking Class at Whole Foods Market (20th & Callowhill)

### TUESDAYS:

12 noon	Walking Clubs leaving from the MSB, Free Library, 1101 Market, 990 Spring Garden, 500 South Broad
12:15 - 12:45	Spinning Class at Bally Total Fitness (15th & Walnut)
12:15 - 1:00	High/Low Aerobics at Bally Total Fitness (15th & Walnut)
1:00 - 2:00	Multi-Step Aerobics at Bally Total Fitness (15th & Walnut)
1:30	City Hall Indoor Walk on 4th Floor
12:30 - 1:30	Line Dancing at 990 Spring Garden, 6th Floor - Add'l room fee of \$1 per class
1:15 - 2:15	Line Dancing at 500 South Broad
4:30 - 5:30	Advanced Step at Bally Total Fitness (15th & Walnut)
5:30 - 6:30	Powerflex at Bally Total Fitness (15th & Walnut)
5:30 - 6:30	Line Dancing at MSB, Concourse West

### WEDNESDAYS:

7am	Walking Club from the MSB and 990 Spring Garden
12 noon	Walking Clubs leaving from the MSB, Free Library, 1101 Market, 990 Spring Garden, 500 South Broad
12:30	Indoor Walking Club at 1101 Market, 8th Floor
12:30 - 1:30	Line Dancing at Free Library
4:00 - 5:00	Butts & Guts - Strength Training at the MSB 16th Floor

**THURSDAYS:**

12 noon Walking Clubs leaving from the MSB, Free Library, 1101 Market, 990  
Spring Garden, 500 South Broad

12:00 - 1:00 Line Dancing at 500 South Broad

12:15 - 1:15 Spinning Class at Bally Total Fitness (15th & Walnut)

12:15 - 1:00 High/Low Aerobics at Bally Total Fitness (15th & Walnut)

12:30 - 1:30 Line Dancing at 990 Spring Garden, 6th Floor - Add'l room fee of  
\$1 per class

1:00 - 2:00 Powerball at Bally Total Fitness (15th & Walnut)

1:30 City Hall Indoor Walk on 4th Floor

5:30 - 6:30 Bosu at Bally Total Fitness (15th & Walnut)

5:30 - 6:30 Line Dancing at MSB, Concourse West

**FRIDAYS:**

12 noon Walking Clubs leaving from the MSB, Free Library, 1101 Market, 990  
Spring Garden, 500 South Broad

12:15 - 1:00 Health Seminars & Nutrition Tips at MSB, 1st Floor