

# May 2012 Wellness Calendar

	1	2	5	4
7	8	9	10	11
14	15	16	17	18
<p><b>Get a High Performance Fit on the Schwinn Cycle Bikes! 1-1:30PM</b> Sign up for a 5 minute time slot! Call, email, or stop by for a walk-in!</p>	<p><b>Chair Massages 3-5PM</b> <b>Located in our lobby</b> \$1 a minute w/ no min or max time requirement. You can call, email, or stop by for a walk-in!</p>	<p><b>Try Yoga Class w/ Samantha! FREE 12-1PM</b></p>	<p><b>Health Fair 11:30-2PM</b> <b>FREE Bootcamp 12-12:45PM</b> Taught by Laura! Located in Basketball Court. All levels Welcome!</p>	<p><b>Hoola Hoop Contest! 11:30AM</b> Who can hoop the longest?!</p>
<b>*****Employee Health and Wellness Month*****</b>				
21	22	23	24	25
28	29	30	31	



## Central Park Wellness Calendar

### Fitness Center Hours

Mon -Thurs: 5am—9pm

Fri: 5am—8pm

Sat/Sun: 8am—5pm

Phone: 630-505-7799

Fax: 630-505-7766

Website:

[www.lifestart.net/centralpark](http://www.lifestart.net/centralpark)