

Class Schedule -Heal Yourself Heal Your World Wellness Event

All Classes are at **NO CHARGE**, enter to win a raffle in each class you take!

Presented By:	Class Title	Class Description	Room	Time	Duration
Parks & Rec	HIIT45	This high-intensity interval training class is just 45 minutes using various equipment and your own body weight. Bursts of high-intensity cardio and strength exercises interspersed with brief periods of recovery.	Outside Patio	7:30am	45 min
Parks & Rec	Yoga Stretch	Designed for beginners, this class presents basic yoga poses for flexibility and strength.	117	8:15am	50 min
Parks & Rec	2 mile Trail FUN RUN	Families can walk/jog the 2mile Fun Run behind the MGC. Registration is at 8:15am outside the lobby doors on the east side of the building.	Outside Patio	8:30am	
Parks & Rec	Chair Yoga	Move through seated and standing yoga poses designed to increase flexibility, balance and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.	ADS	9:00am	45 min
Parks & Rec	Foam Rolling	Is your body stiff, tight, inflexible? Foam rolling is for you. Learn to use a tennis ball, rolling pin and other tools to loosen adhesions (knots) in your muscles, increase circulation and just feel better. Please wear clothes that are easy to move in and bring a foam roller if you have one (not required, there will be some available to share).	117	9:20am	45 Min
Parks & Rec	Zumba®	ZUMBA®: This world famous class is a Latin-based high cardio, low impact workout that includes Salsa, Merengue & Cumbia.	Outside Patio	9:30am	60 min
Parks & Rec	SilverSneakers® Classic	Increase muscular strength, range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.	ADS	10:00am	20min
Mountain View Funeral Home	The Benefits of Preplanning	In this seminar you will be taught why it is important to document your final wishes. Learn why you need death certificates. Learn the different options available with cremation. Learn how you can guarantee today's pricing.	119	10:00am	25 Min
New Vision Healing	Empower Decisions with Self Muscle Testing	Learn to check in with your own mind/body to help you make the best decisions for your health and wellbeing.	118	10:00am	45 Min
Parks & Rec	SilverSneakers® EnerChi	Combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Chair support is offered to facilitate standing stability and seated exercise options.	ADS	10:30am	20 Min
Skin Therapy Redefined	Skincare 101	Learn why "routine" of cleansing, exfoliation, moisture, and SPF is essential to your skin health and expert tips on how to utilize each step from licensed skin therapist Cynthia Branson.	119	10:30am	45 Min
The Wellness DoJo	Restore Ease with Movement, Mindfulness, and Self Massage	Learn straightforward solutions that improve flexibility, neutralize pain, and improve wellbeing.	117	10:30am	45 min
Creative Choice CBD	What is CBD?	What is CBD or cannabidiol? It is legal? Can it get me high? Is it safe? Does it interact with other medicines? Will I pass a drug test? What is the right dosage for me? I will answer these questions and more.	118	11:00am	25 Min
Dan Zimmerman	Spokes for Strokes	In 2005, at age 41, Dan suffered a stroke that paralyzed his right arm and leg and damaged the left side of his brain. A hospital doctor told him that he would never walk or talk again. Cycling, Dan says, has improved his health and more importantly, given him a purpose in life. He wants to raise awareness of HHT, the disease that killed his brother and mother and is present in Dan and his younger son. He also wants to raise awareness of stroke prevention and inspire other stroke survivors to fight back against the disease.	114	10am	55 Min
Master Gardner	'Crisp herbs for the cool season'	New in town? Looking for healthy ideas? Superstition Mountain Master Gardeners will present a variety of cool season herbs and vegetables to try in your own garden this winter. Examples of small container gardens and produce should excite both novice and experienced gardeners.	114	11:05am	60 Min
Health Insurance Plans of AZ	Medicare Options Answered	Why should I get a Medicare supplement plan? Some plans have no cost premium.	117	12:00pm	25 Min
Sound Therapy	Introduction to Sound Therapy	Learn about the science of sound. How compression waves, overtones, dissonance harmony, and pitch can work with your body to assist in balance.	119	12:00pm	25 Min
Parks & Rec	Pumpkin Fruit & Cheese Board	Learn ideas on how to make healthy and nutrition holiday snacks. Carve a pumpkin and make a delicious dip to serve on a cheese board. Learn how to be creative with healthy, holiday snacks.	118	12:30pm	60 min
Parks & Rec	Rock Painting Art Class	Have you ever found a painted rock at a park or in a random place? Come learn about the new (or old) craze of rock painting. We will provide supplies, including the rocks, you bring the creativity. (Limit 20 people)	118	1:30pm	50 min
Brizo Pure CBD Fluid	CBD Fluid VS CBD Oil-Whole Plant VS Isolated	We will teach the newest research on the value of whole plant nutrition and how digestive enzymes and CBD fluid work together addressing pain, stress, weight, digestive issues, RLS, neuropathy, etc. Discover how and why it really works!	117	2:00pm	45 min
Ancient Oils Modern Healing	Essential Oils 101	Discover the health benefits of essential oils and how to use them.	119	2:00pm	45 min

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These classes are the week AFTER the Wellness Event

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Monday, November 18th					
Hope, Incorporated	Triple P- Positive Parenting Program (birth -12 years)	Positive parenting program can help to encourage desired child behavior, deal with problem behavior, become confident as a parent, be realistic about parenting and taking care of yourself.	118	10:00am	45 min
Ancient Oils Modern Healing	Essential Oils 101	Discover the health benefits of essential oils and how to use them.	118	6:00pm	45 min
Tuesday November 19th					
The Wellness DoJo	Restore Ease with Movement, Mindfulness, and Self Massage	Learn straightforward solutions that improve flexibility, neutralize pain, and improve wellbeing.	118	10:30am	45 min
Neurological Relief Center	New Solution for Chronic Pain and Neuropathy	Multimedia presentation of new solutions and information. Improve chronic pain and neuropathy problems. It could end a lifetime of pain.	119	6:00pm	45min
Wednesday November 20th					
Visiting Angels	Tools for Living with Dementia– Understanding the Physiology of What’s Happening in the Brain	When we hear those words “Mild Cognitive Impairment, Alzheimer’s or Early Stage Dementia” we get scared for obvious reasons. And often, no one sits down with us and outlines what that really means in our day-to-day life with someone living with this diagnosis.	118	9:30am	90 min