




# July

## Special Fitness Events

### Youth Sports Month

| Workshops   | Description   | Date and Time   |   |
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| <p style="text-align: center;"><b>Just Danz!</b></p>  <p style="text-align: center;"><i>With Professional Dance Instructor<br/>Clevonne</i></p>                    | <p style="text-align: center;"><b>Latin, Funk, Hip-Hop Dance Party!</b></p> <p style="text-align: center;">No experience necessary!</p> <p style="text-align: center;">Just come to have fun and lose a dress size or two!</p>  | <p style="text-align: center;">Mondays</p> <p style="text-align: center;"><b>Time:</b><br/>6:15pm-7:15pm</p>                                    | <p>\$80 for<br/>\$12 dro</p>                                |
| <p style="text-align: center;">FREE LECTURE:</p>  <p style="text-align: center;">Everything You Want to Know About<br/><b>Steroids</b><br/>(everyone welcome)</p> | <p style="text-align: center;">Learn from experts about Steroid use and make the right informed choice for yourself!</p>  | <p style="text-align: center;">Saturday 18<sup>th</sup><br/>9:00 to 10:00 a.m.</p>  | <p style="text-align: center;">Meet in</p>                  |
| <p style="text-align: center;"><b>Teen Coaching</b><br/>(ages 15 to 17)</p>   | <p style="text-align: center;">When do you have a chance to talk about anything you want with other teens about life as a teenager in a safe setting? Now is your chance!</p>   | <p style="text-align: center;">4 Monday's<br/>6:30 to 7:30 p.m.<br/>(6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>,<br/>27<sup>th</sup>)</p> | <p style="text-align: center;">\$10 pe<br/><br/>Call S</p>  |
| <p style="text-align: center;"><b>Conscious Dating for Teens</b></p>  <p style="text-align: center;">(ages 16 to 19)</p>   | <p style="text-align: center;">Learn how to make the right choices as you learn important dating skills and things to be aware of so that you are safe. Get educated before you start seriously dating anyone.</p>  | <p style="text-align: center;">Friday 6/17<br/>1:00 to 4:00 p.m.</p>  | <p style="text-align: center;">\$147 fo<br/><br/>Call S</p> |
| <p style="text-align: center;"><b>Free Intro to Belly Dance</b></p>    | <p style="text-align: center;"><b>Try it!</b> This class will focus on teaching you the basic fundamental moves found in belly dance with emphasis on hips and mid-section!</p> <hr/> <p style="text-align: center;"><b>COMING in AUGUST:</b></p> <p style="text-align: center;">Bellydance Bootcamp : 11 am - 12:30 on Saturdays</p> | <p style="text-align: center;">Each Saturday<br/>11am-12noon</p>  |   |

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| <p style="text-align: center;"><b>EarthFare</b></p>  <p style="text-align: center;"><b>Personal Grocery Store Shopping Tour</b></p> | <p style="text-align: center;"><b>Ballantyne Location</b></p> <p>The grocery store can be a scary place, if you want to eat healthy and avoid those unhealthy foods tempting you down every aisle. And, if you want to really know what you are putting in your body, it can take a day to read all the food labels, figure out how to pronounce the ingredients (sometimes this requires an advanced degree!), and know what everything means on the package. This is your big chance to spend an hour in your favorite grocery store with your personal nutritionist by your side. Learn what to look for on a nutrition label and how to use that information to compare similar products. Identify which are the best healthiest choices for your individual nutrition goals. Come learn how to shop healthy for you and your family with Trainer Candi!</p> | <p style="text-align: center;"><b>July 24th</b></p> <p style="text-align: center;">9:00-11:00</p> |  |