

FREE HEALTH & FITNESS EVENTS FOR FALL

All events are held in the Fellowship Center

NOVEMBER – Fall Prevention Month

Fitness classes will feature handouts with information on exercises for better balance.

Wednesday, November 8
from 1:00pm - 2:00pm

Cardio Dance and Fellowship with Country Melodies! Have some healthy fun with this easy-to-follow aerobic dance class. Enjoy nutritious refreshments and fellowship.

December – Ring in the Holidays with Healthier Habits

Each fitness class will have healthy lifestyle information for those holiday/Christmas parties and treats. Plus, stress management tips for a busy schedule!

Wednesday, December 6
from 1:00pm - 2:00pm

Cardio Dance and Fellowship with Christmas Melodies! Have some healthy fun with this easy-to-follow aerobic dance class. Enjoy nutritious refreshments and fellowship.

Meet KARA THOMAS



Kara Thomas, award winning Health and Fitness Program Director, NCCA accredited Exercise Specialist, Wellness Author and Retreat Speaker, creator of Savvy Steppers Fitness Circuit and Fitness at the Rocks classes, as well as *50 Minute Fitness Retreat* DVD featured in Pilates Style Magazine.

Kara has over 20 + years of combined experience in Hospitality Management, Special Events, Health and Fitness programming, and Christian Women's outreach.

She enjoys helping others live healthier and sharing the Love of Jesus!

**Stay up to date with
our fitness programs.
Scan the QR code
for more information!**

SCAN ME



34605 N. Tom Darlington Rd.
Scottsdale, AZ 85266
P: (480) 488-3384
Website: deserthills.org



*Fitness
at the
Rocks*

**2023
Fall/Winter
Schedule**

Savvy Steppers Fitness Circuit®

Mondays at 1:00pm, Tuesdays & Thursdays at 8:30am & 10:00am

Sharpen your mind, strengthen your body and uplift your spirit with this dynamic and complete fitness circuit for active older adults!

Strengthen your body and have fun stepping to the rhythm with a unique low impact aerobics segment. Improve your cardiovascular and bone health, balance, and coordination. Tone your muscles with resistance props, flex bands, and hand weights.

Sharpen your mind with 10-minutes of Healthy Savvy Team Building Activities! Learn how to live healthier, improve your neuromuscular connection, reaction time, and cognitive functions. Then off to the final stretch to stretch for success!

Uplift your spirit! The circuit class ends with healing words of encouragement, relaxation, and wonderful fellowship. Modifications for all fitness levels are provided.

Savvy Steppers Fitness Circuit program and Fitness at the Rocks classes are designed by Kara Thomas to help improve your overall health and well-being from head to toe.



Flex, Core & Restore

Mondays at 8:00am & Wednesdays at 1:00pm

Get energized with this awesome fitness fusion class! Wake up your body with great music, low impact cardio and standing core exercises to condition your heart, burn calories, improve stamina and balance. Improve muscle mass and strengthen your bones with resistance props and hand weights. Then onto the mat or chair for a blend of wonderful core and back care exercises. Improve flexibility and de-stress with restorative stretching, while listening to heavenly peaceful music. Modifications for all fitness levels. **Free class.**

Morning Stretch & Balance

Wednesdays at 8:00am



Enjoy the beautiful views of the Boulders and great music while improving your flexibility, coordination, core strength, circulation, and balance. Reduces muscle stiffness and helps to ease arthritis. Stretch sitting in a chair or on a mat. Modifications for all fitness levels. Great music! **Free class.**



Midday Stretch & Balance

Thursdays at 12:00pm

Take a stretch break before lunch and enjoy the beautiful views of the Boulders, while improving your flexibility, coordination, core strength, circulation, and balance. Reduces muscle stiffness and helps to ease arthritis. Stretch sitting in a chair, or on a mat. Modifications for all fitness levels. **Free class.**

FREE HEALTH & FITNESS EVENTS FOR FALL

All events are held in the Fellowship Center

**SEPTEMBER –
“Fall into a Healthier Lifestyle” Month**

**Wednesday, September 27
from 1:00pm - 2:00pm**

Cardio Dance and Fellowship with Classic melodies. Have some healthy fun with this easy-to-follow aerobic dance class. Enjoy nutritious refreshments and fellowship.

OCTOBER – Healthy Nutrition Month

**Wednesday, October 4
from 11:30am - 1:00pm**

Healthy Cooking with Deb

Join Deb McDermott for our 3rd Annual Mediterranean Cooking Participation Class. You will learn, assist with cooking and eat this delicious meal together! RSVP by October 1 to the church office.

**Wednesday, October 25
from 1:00pm - 2:00pm**

Cardio Dance and Fellowship with Mediterranean Melodies!

Have some healthy fun with this easy-to-follow aerobic dance class. Enjoy nutritious refreshments and fellowship.