

Fitness May-nia Events

Aqua Exercise

May 18 and 25 at noon at the pool

Join us at the Camp Darby pool for an aquatic experience. Aqua Exercise is low impact but very beneficial for all populations. The pool is heated so come on in, the water's fine.

Blood Pressure Screening

May 3 at 7 a.m.- 8:30 a.m, May 9 at 11:30 a.m.-1 p.m.

Known as the "silent killer" because it has no symptoms, hypertension (high blood pressure) is a major risk factor for stroke and cardiovascular disease. Stop by for a quick blood pressure check. Note: You should not exercise, smoke or drink caffeine 2 hours prior to screening.

Body Mass Index Screening

May 5 at 4:30 p.m.- 6 p.m., May 11 at 7 a.m.-8:30 a.m.

Another major risk factor of cardiovascular disease is obesity. Body Mass Index (or BMI) is a quick, easy way to determine your level of risk. You do NOT have to remove clothes or be pinched for this screening.

Flexibility Screening

May 4 at 11:30 a.m.-1 p.m., May 19 at 7 a.m.-8:30 a.m.

Use It or Lose It is the moral of this story. As we age, we lose the flexibility that we all had as kids. The reason? We don't "play" anymore and we don't stretch. Working on our flexibility as adults will help us avoid injury, stay balanced and allow us to stay independent in our senior years.

Strength, Power and Olympic Lifting Clinic

May 14 at 11 a.m.-noon

Learn the similarities and differences of the different types of lifting. Dress for activity to allow for experiential learning opportunities.

Swim Stroke Clinic

May 17 and 24 at 5:15 p.m.

Know how to swim but want to get better? Get some tips on your stroke from a former high school swim team captain and current collegiate triathlete at University of Florida. Focus is on refinement and efficiency of your technique.

TRX Suspension Straps Demo

May 12 and 23 at 1 p.m.

It's one of the newest tools of the fitness trade. All of our major body movements are generated from the "core" of our bodies. Come to observe a demonstration of this unique training tool or, better yet, come dressed to participate! Guaranteed to test your strength and balance.