

Doggone Great Idea Tina Nichols, LHS director

This year LOL is partnering with the Lakeshore Humane Society. Our goals of getting in more exercise as well as lowering our stress levels pair nicely with walking friendly pooches and spending time in the cat rooms socializing future loving pets. Completely optional part of LOL. Participation will be tallied so be sure to keep track of your visits so we can recognize our friends of the animal kingdom at the Closing Ceremonies. This training will take less than an hour, and will include a real live dog!

National Guard Workout Sgt Adam Lohr & Sgt Peterson

Learn how the military keep 'fighting fit' with this bootcamp style indoor workout. Bring your own water.

Reflection and Tea Michael Fredrich, HFM

Channel your inner athlete – Mike will take you through a series of poses aimed at strength and flexibility while calming your mind as you train for your daily Olympic challenges.

Introduction to Strength Training Jan Ross, HFM

Learn the benefits of strength training, different styles, and try out a few reps of various exercises working all major muscle groups.

**Please only sign up for this session once.*

Walking Clinic Joni Shavlik, HFM

Learn how to properly warm up – how to stretch after, proper walking gait, best shoe choices, how to intensify your regular walking to boost your heart rate. This will be a short talk with a long walking workout.

Synchronized Floatation Corinne Knab, HFM

This 60-minute class will take you through a range of aquatic poses and moves to warm the body and mobilize your muscles for the first half of class, and then enjoy a guided relaxing meditation session for the second half using floatation noodles.

YMCA Day Candy Ruffolo, YMCA

Ripped strength training at 9:30 in gym 2, **Pilates** mat work for the core at 10:30 in Studio Y, **Water Class** cardio and strength at 11:30 in instructional pool.

Intro to Meditation Corinne Knab, HFM

Learn the benefits of mindfulness, and how to create a calmer thought process through meditation, how to build up your practice time, and suggestions on effective apps to help you through the learning process.

5 Habits of Healthy Eating Joni Shavlik, certified nutrition coach PN2 HFM

Find ways to make healthy choices on a daily basis, form those habits to make weight loss and maintenance easier. These 5 tips, when incorporated consistently, give you an excellent strategy!

TR Fire Dept. Circuit Workout Two Rivers Fire Department and LOL trainers

Carry the fire hose, drag a 'victim' to safety, pull equipment up the stairs, this interval style workout will be fun, interesting, and a great workout! Bring a water bottle.

ZUMBA Zumba Instructor

Workout to a fusion of Latin and international music-dance music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Hiking with Jeff Edgar Jeff Edgar

He knows the trails and will give us a great tour! Get to know our local gems so you can use them with your loved ones. Jeff was the 2016 Men's winner and has been keeping active ever since dropping 50 pounds. Please come dressed for the weather, with hiking boots for a 1-2-hour hike. Shorter routes are available.

Combo Body Pump/ Step Tracy Samz, HFM

Body Pump is strength training done with great form, is non-confusing, and done to music. Step aerobics is a great cardio workout using an adjustable height step bench.

Tai Chi Trudy Van Da Huvel, HFM

Learn the beautiful art of slow moving Tai Chi. This class's gentle moves are easy enough for any level, but will get your body warm, assist flexibility, and challenge your balance.

Love Local Lauren Tulig, Festival Foods Dietitian

Buying local foods has HUGE benefits, find out what those benefits are for your health, and what buying local means for the environment.

Restoration Michael Fredrich, HFM

Take time to relax into few poses and breathe deeply to allow joints to improve range of motion, and allow the mind to calmly focus on the breath.

**Please Sign up for just one of these sessions throughout the challenge. If there is room – we will allow you to return for a second session. Thanks for your understanding.*

Planet Fitness Olympic Training Camp Jeremy Peterson & Elliot Schmitt, Planet Fitness Trainers

Coaches will take you through an invigorating cardio workout as well as a variety of total body strength training exercises!

Snowshoe the Dunes Jessica Johnsrud

\$5.00 Snowshoe Rental.

**9am will also add in a 'non-snowshoe' hike using the boardwalk for 20 people*

Crossfit Week

**Please sign up for only 1 workout during this week so everyone can get in a trial.*

If spots do not fill, and you still wish to attend a session – you may do more than one. Thanks for understanding.

Fad Diets Joni Shavlik CPT, PN2 & Abbey Bubolz MS, RD, CD

Some Fad diets have some good points, but some can be unhealthy if not under a physician's care. Learn what the current trends are as well as the best practices to use from them.

Butts N Gutts Alice Herbst, HFM

You guessed it! Tone your core muscles as well as your glutes in this targeted class that's as much fun as it is effective!

Group Power

Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic Music and motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

YMCA SPINATHON

Check out indoor cycling, it's a great cardio workout that you can do at your pace, you set your resistance. You can coast or hit it hard but don't miss your chance to try out this fun workout to excellent music!

SNOGA at Woodland Dunes Jennifer Jelenic

\$5.00 Snowshoe Rental.

Poses in the pristine wintery beauty of Woodland Dunes. Dress for the weather.

“Do I have an eating disorder?” Rachel Fruin LPC, SAC, NCC Clinical Therapist-AODA, HFM

Learn what types of eating disorders there are, what signs may indicate that you have an eating disorder, and what steps you can take to make your way to a healthier lifestyle. Focus is primarily on binge eating, however more topics will be covered.

POUND Megan Patterson and Sandra McNeil, HFM

Rock out and Work out to the beat with weighted drumsticks – Ripstix – and have an amazing cardio/strength workout!

Cooking Demo Joni Shavlik, certified nutrition coach PN2 HFM

Learn what to do with that produce! Cooking technique is emphasized in this easy to learn demo showing how to make a vinaigrette-roast your veggies and season them.

HFM Mini Triathlon HFM Staff

Move from cycling to HIIT class to Aqua Aerobics in this triple fun class. Please plan to do all 3 classes if you sign up.

Jazzercise Week

This crew is so fun and welcoming! Stop in at any of the area locations and try any of the classes listed below!

C25k (Couch to 5k) Pep Talk Candy Ruffolo, YMCA

Learn how to prepare to complete your first 5K whether it's walking or running. Good planning starts now, and Candy will get you on the right path.

BYOB: Bring Your Own Body Joni Shavlik, HFM

No Equipment? No Worries! Learn a few simple bodyweight exercises, put them together into a circuit, bring some friends and we have ourselves a workout party!

Woodland Dunes – Trail Explorers Joni Shavlik, HFM

Time to hike the trails, see what nature has to offer. Ellen Lewellen will share her knowledge of the property and all of the wildlife within. There will also be a faster 'physical training route' led by one of our past Lean on the Lakeshore Winners Ben Stock or Jeff Edgar.

Hockey Drills & Skills Herzog Family

A workout on the ice! Try your hand at hockey under the guidance of the Herzog family of Hockey enthusiasts! After a warm up and getting us comfortable on the ice, they'll take us through the basics of Hockey maneuvers and try some drills. Think you can score a shot against a seasoned goalie? It sure will be fun to try! Our first hour is for Lean on the Lakeshore participants in for the Hockey experience, our second hour 6:30 to 7:30 is free skate for Participants and their families – grandchildren – let's all join the fun! A FREE for all event and this event includes PRIZES!!!

INDOOR IRONMAN

You have 1 month to complete 2.4 miles in the pool walking or running = 160 lengths. Each Aquatic class in the lap pool counts for 20 lengths. 112 miles on the bike (indoor cycling classes count for 15 miles unless your bike has mileage shown – then use that) and a 26-mile run or walk. You have **FREE access to the YMCA and Holy Family Memorial Wellness Center to complete your triathlon**. Excellent prizes will be awarded to all completing the full Ironman, many have BONUS prizes in them as well! You will receive those at the finale. Please complete as much as you can. If you have reasons that you cannot complete all elements of the triathlon – contact shavcamp@att.net to inquire about possibly still completing the challenge. **Turn in your completed Ironman Tracking Sheets to the YMCA or Wellness Center front desk by Saturday, March 31st!** *Be sure to claim your prize for completion at the Finale April 21st, will you be among the winners?*

Organic Tea/Coffee Party Joni Shavlik, HFM

Why is everyone drinking 'cold brew'? What even is that? Learn from several different speakers about organics, what's available in our community, and why it's healthier to 'eat local'. Samples of most excellent 'cold brew' and organics teas included

YMCA Swim Instruction

Learn to clean up your front crawl or breaststroke in the instructional session meant for those who can swim, but would like to improve their technique. This can help you complete the swimming mileage for the Ironman.

Fermentation Fest Ric Prucha & Tracy Samz, HFM

This is a party you won't want to miss! Gut health made crazy FUN! Learn about probiotics and how they improve your gut health and much more! Sample kombucha and ginger carrots.

HFM Wellness Center Spinathon HFM Instructors

Work as easy or as hard as you like – instructors will help you set up your bike for the perfect fit, take you on a ride up and down hills, sprint through trails, to awesome and motivating tunes to keep the energy way up!

CX Worx/Kickboxing Tracy Samz, HFM

CX Worx is an all-around great core class, along with kickboxing for your cardio workout you'll have a full night in!

Laughter 'Luge' Candy Ruffolo, YMCA

Join us for an excellently comical exercise session. Learn the benefits of laughter and start reaping those benefits in this rollicking good fun class including poses and flexibility!

'Back' to Business! Derek Bown, HFM

Chiropractor Derek Bown will cover many of the most common maladies of the back (bulging discs, spinal stenosis...) and explain what's actually going on. You'll learn stretches and strengthening exercises to help as well.

Cardio Kickbox YMCA Staff

Get a GREAT cardio workout in this high energy workout while spending any built-up stress from the past week!

TRX Candy Ruffolo, YMCA

TRX® is a method of suspension training using body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

Foam Rolling Tyler Wetenkamp, HFM

Learn how to roll out stubborn painful sticky spots in your muscle's fascia. Foam Rolling is becoming more widely known as a huge benefit to muscle aches – get your body working smoothly with this session.

Lean on the Lakeshore C25k

This is what you've been working towards! This is a non-competitive 5K. Let's do this together, see if we can go the distance, encourage each other, and enjoy our Maritime Trail. We'll time you so you can have that information, but we won't be giving out awards for first place. Just positive vibes! And, there's a reward for completion!

Nidra Corinne Knab, HFM

Now is the time to let your meditation practice shine. Nidra is simply holding the 'corpse' pose (laying on your back) and relaxing into meditation for an hour. Consider this the 'last chance workout' of meditation! A beautiful chance to relax and enjoy your meditation practice.

Curling

\$20.00 per person.

Learn to curl and practice your skills in a match. Tea and coffee will be hosted by Holy Family Memorial Medical Center

Self Foot Massage Sabrina Roll, LMT, HFM

Join us for a short, easy to do self foot massage. You will have an instruction sheet when you leave and be able to do this any time your feet need a lift!

You must be able to reach your feet to do this clinic.

Adventure Rock

Adventure Rock of 2220 N Commerce St, Milwaukee, WI 53212 is giving us a SUPER DEAL! They will have extra staff on hand to teach anyone from Lean on the Lakeshore how to climb, admission plus climbing shoes is only \$15.00!!! This is a great workout you can do with the entire family! The harness you clip into keeps you from falling and gently lowers you to the ground. Go to their website <https://adventurerock.com/about/> to find directions and a visitor agreement you will need to sign – scroll to the bottom of the page to locate these. If you are bringing a minor, their parent will need to fill out the agreement for them. Arrive between 1 and 4pm, stay all day! Pay at the door. Plenty of restaurants in the area. We LOVE photos of your time at Adventure Rock – send them to shavcamp@att.net.

View Upcoming Events on our Eventbrite Organizer Page:

<https://www.eventbrite.com/o/lean-on-the-lakeshore-7589987589>