

You Can Do It! LLC

Happy Summer Time!

After a long silence, I thought I'd let you know that I'm alive and well and surviving my education ... and thankfully, I have the summer off!

By the time you receive this email, my series of Anatomy and Psychology classes will be behind me. Whew! Let me tell you, I've spent a tremendous amount of time and energy on these classes. All this hard work led me to a greater understanding of the human mind and body ... and I hope it will make me an even better coach and teacher!

With the summer off, I have more time to teach classes and work with people one-on-one. You can review the classes below or check the schedule on the website:

- Go to www.youcandoitnow.net
- Click **Schedule**.

Find the Fitness Equipment You Need ... at a Yard Sale!

Ever wished you could work out at home, but just didn't have the equipment? Let me grant your wish. Stop by my place (327 Glenn St., Ashland) on Saturday, June 13 for a fitness yard sale. I'll be selling new and used fitness equipment to reduce my inventory. Here's some samples of what you'll find:

- Bench for weight lifting
- Yoga supplies (mats, bolsters, and blocks)
- *Building Bones* DVDs
- Nordic Walking poles and tips
- Weights
- Balance equipment
- Exercise ball
- And more!

Get in Shape with Summer Fitness Classes

What's your summer fitness dream ... Stronger bones and muscles? A more flexible body? Improved balance? Greater cardio-vascular health?

It's time to make that dream come true with a fantastic variety of fitness classes this summer. There's something for everyone!

Building Bones summer classes through the Ashland Parks office

Exercises that build strength, balance, confidence, and increased bone density

Dates: June 29 – August 21 (8 weeks)

Days: Monday, Wed and Friday

Time: 8:00 - 8:55am

Costs: \$48 1 class per week (8 total)

\$80 2 classes per week (16 total)

\$86 3 classes per week (24 total)

Location: The Grove in Ashland

Nordic Walking summer classes through the Ashland Parks office are:

Burn more calories while walking, reduce stress to the knees and lower back, strengthen the upper body, and reduce heel strike.

Beginning

Dates: June 24 – July 15
Days: Wednesday
Time: 9:30 – 10:30
Cost: \$54 (4 hours total)
Location: Check with Ashland Parks office

Intermediate

Dates: July 22- August 12
Days: Wednesday
Time: 9:30 – 11:00 am
Cost: \$78 (6 hours total)
Location: Check with Ashland Parks office

Beginning

Dates: August 19 – Sept 9
Days: Wednesday
Time: 9:30 – 10:30
Cost: \$54 (4 hours total)
Location: Check with Ashland Parks office

Chair Osteo Strength

Chair-based strengthening class to build strength, mobility and confidence.

Dates: Ongoing
Days: Monday, Tuesday, Thursday and Friday
Time: 10 – 10:30 am
Cost: \$5 per class
Location: Mountain Meadows Independent Retirement Living in Ashland

Floor Stretching

Gentle stretching to reduce stiffness and increase flexibility.

Dates: Ongoing
Days: Tuesday, Thursday and Friday
Time: 10:30 – 11 am
Cost: \$5 per class
Location: Mountain Meadows Independent Retirement Living in Ashland

Ball Balance and Strength

Exercises are done with an exercise ball to improve balance and build strength.

Dates: Ongoing
Days: Mondays
Time: 10:30 – 11 am
Cost: \$5 per class
Location: Mountain Meadows

Senior Yoga

Increase flexibility, balance, and strength ... and do some relaxing and unwinding.

Dates: Ongoing
Days: Thursday
Time: 11:30 – 12:30 am
Cost: \$10 per class (this needs payment and sign up prior to class)
Location: Baxter Fitness Solutions in Ashland