



If you have any questions or concerns call
The Wellness Center @ 520-562-2026
Class dates and times may vary and/or change

**NO CLASSES
ON FRIDAYS**

Peachy Oat Smoothie

June Elders Fitness Community Classes

Monday Lunas	Tuesday Gok Thash	Wednesday Vaik Thash	Thursday Gi:ik Thash
<p><u>4</u></p> <p>Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex & Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex & Tone 9am - 10am @D7</p>	<p><u>5</u></p> <p>Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>6</u></p> <p>Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>7</u></p> <p>Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>11</u></p> <p>Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex & Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex & Tone 9am - 10am @D7</p>	<p><u>12</u></p> <p>Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>13</u></p> <p>Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>14</u></p> <p>Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>18</u></p> <p>Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex & Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex & Tone 9am - 10am @D7</p>	<p><u>19</u></p> <p>Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>20</u></p> <p>Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>21</u></p> <p>Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>25</u></p> <p>Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex & Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex & Tone 9am - 10am @D7</p>	<p><u>26</u></p> <p>Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>27</u></p> <p>Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>28</u></p> <p>Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>

INGREDIENTS

- 3 tablespoons quick-cooking rolled oats
- 1/4 cup hot water
- 2 small, ripe yellow peaches, peeled, pitted and roughly chopped
- 3/4 cup ice cubes
- 1/3 cup lowfat vanilla yogurt
- 1 tablespoon honey
- Pinch ground cinnamon



DIRECTIONS:

1. Stir the oats and water together in a small bowl and let sit for 5 minutes.
2. Put the oat mixture, peaches, ice cubes, yogurt, honey and cinnamon into a blender.
3. Blend on high until very smooth. Add 1 to 2 tablespoons of water if needed to adjust consistency.

Makes one (1) serving