

FALL 2010 Activities Schedule

DAILY ACTIVITIES (MONDAY-FRIDAY):

8-10:30 a.m. Walking Program
12:00-1:30 p.m. Open Gym

MONDAYS:

7-8 a.m. & 3-8 p.m. Fitness Center Drop-in
6-7:30 p.m. Kung Fu
6-7:30 p.m. Yoga w. Holly Hauser
6:30-8:30 p.m. Power Soccer

TUESDAYS:

7-8 a.m. & 3-5 p.m. Fitness Center Drop-in
9-10 a.m. Laughter Yoga
11:30-1:00 p.m. Fitness & Aging Class
2:30-9 p.m. (see desc.) Drop-in Basketball

WEDNESDAYS:

7-8 a.m. & 3-5 p.m. Fitness Center Drop-in
2:30-9 p.m. (see desc.) Drop-in Basketball
6-7:30 p.m. Kung Fu

THURSDAYS:

7-8 a.m. & 3-8 p.m. Fitness Center Drop-in
11:30-1 p.m. Fitness & Aging Class
2:30-9 p.m. (see desc.) Drop-in Basketball

FRIDAYS:

7-8 a.m. & 3-5 p.m. Fitness Center Drop-in

WEEKENDS:

Sat. 9-1 p.m. Fitness Center Drop-in
Sat. 11:00-1:00 p.m. Open Gym
Sun. 6-8 p.m. Indoor Soccer

ROBERT MILLER COMMUNITY & RECREATION CENTER — 540.1058

Find us on the web @ www.facebook.com/millercenter1

Drop-in Basketball - Sept. 1

FREE! Teens can come to the Miller Center Tuesday-Thursday & play pick-up games or shot hoops on our indoor court. Never worry about the weather!

Middle School Drop-in:

2:30 to 5:30 p.m.

High School Drop-in:

6:00 to 9:00 p.m.

Fitness Center & Open Gym

Single use \$3.00. 10 visits/\$25 & 25 visits/\$50 punch cards available.

Fitness & Aging Class - Sept. 21

Experience Barbara Jordan's low intensity exercise program that builds core & upper/lower body strength and ends with calming meditation.

Indoor Soccer - Sept. 12

Want to get exercise and have fun? Join us for an evening of soccer! Sign up on Meetup.com for more info - Burlington-Pick-Up-Coed-Soccer

Kung Fu - Ongoing

This class is open to all Kung Fu en-

thusiasts or first-timers interested in learning more about the practice of martial arts. Join the action!

Laughter Yoga - Aug. 17

Join us for a body-mind system of gentle, aerobic exercise that promotes physical and emotional health. Great fun for everyone!

Power Soccer - Ongoing

The Miller Center is proud to host Vermont Chargers Power Soccer Club. All levels welcome! For more info visit www.leaguelineup.com/vtchargers

Walking Program - Sept. 8

Join the many adults and seniors who stay fit walking at the Miller Center. Record how far you walk, set goals and walk rain or shine!

Yoga w. Holly Hauser - Ongoing

Center your mind and relax your body with hatha yoga. Practice proper alignment, increase strength, flexibility and focus. All levels welcome!