

# June 2019

WOW-We're Out Walking Activity Schedule

Updated 7.25.2019

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 WOW Kick-Off (ETHS)
16 7:30am-D21 Fit Studio-Yoga \$7 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station -Brisk walkers	17 <b>Sylvia and Pamela</b> -7pm at Sheridan and Church 8:30-9:30am Movement Mediation- <b>Myrna Nia</b> - Free 5pm <b>Club Pilates</b> Free Introduction Class	18 9-10 am-Levy Center lobby-Walking	19 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand	20 9-10 am-Levy Center lobby 9:30-10:30 <b>Nia-Myrna Nia</b> \$5. 7-8:30 pm-7 <b>Simple Steps to Take Back Your Health Levy Center-\$5.00</b> 7pm Willie-Main & McCormick-Sculpture Park	21 5pm-Melanie-South Blvd L Station- Brisk Walkers	22 9am-Tai Chi-Independence Park 10 am Walk with Michelle-Greenwood Beach
23 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station -Brisk walkers 12:30 am <b>Club Pilates</b> Free Introduction Class 2pm Sylvia-Dempster and Lake Shore Blvd	24 <b>Sylvia and Pamela</b> -7pm at Sheridan and Church 8:30-9:30am <b>Movement Mediation Free WOW registrat</b> 7pm Willie-Main & McCormick-Sculpture Park	25 9-10 am-Levy Center lobby-Walking	26 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand	27 9-10 am-Levy Center lobby 9:30-10:30 <b>Nia-Myrna Nia</b> \$5. 6-7pm-Somavida-Headache Relief class-Civic Center-free 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main & McCormick-Sculpture Park	28 5pm-Melanie-South Blvd L Station- Brisk Walkers	29 9am-Tai Chi-Independence Park 10am Walk with Michelle-Church st and McCormick Path 1pm <b>Club Pilates</b> Free Introduction Class
30 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station -Brisk walkers 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie-Ridgeville Park District-Seward and Ridge	June 27- <b>Headache Relief Class</b> presented by <b>Somavida Pain Relief Center-Civic Center</b> 2100 Ridge, Room-G300 6-7 p.m.					

Levy Center walkers please sign up at the front desk or call 847-448-8250—If it is too hot, cold or wet the walk will be moved to the “indoor track”

### Sweat Junkie Hot Yoga

1040 Oak Avenue, Evanston

\$10 drop-in classes-when you wear your **WOW** T-shirt

### D21 Fit Studio

739 Main St.

classes are \$7 for WOW

### Myrna Nia Chicago

1934 Dempster St in the Dodge Plaza

Nia classes \$5- **Dance Center Evanston**

### Club Pilates Evanston

745 Chicago Ave

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>2</b></p> <p>9-10 am-Levy Center lobby- Walking</p>	<p><b>3</b></p> <p>11:00 am-<b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago &amp; Main Newstand</p>	<p><b>4</b></p> 	<p><b>5</b></p> <p>5pm--Melanie-South Blvd L Station- Brisk Walkers</p>	<p><b>6</b></p> <p>9am-Tai Chi-Independence Park</p>
<p><b>7</b></p> <p>7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b>-South Blvd L Station -Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie- Ridgeville Park District-Seward and Ridge</p>	<p><b>8</b></p> <p>Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>9</b></p> <p>9-10 am-Levy Center lobby- Walking</p>	<p><b>10</b></p> <p>11:00 am-<b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago &amp; Main Newstand <b>4SunsWellness Juicing Demonstration and Tasting- Erie Health Center 1285 Hartrey</b></p>	<p><b>11</b></p> <p>9-10 am-Levy Center lobby 9:30-10:30 Nia-Myrna Nia \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>12</b></p> <p>5pm--Melanie-South Blvd L Station- Brisk Walkers</p>	<p><b>13</b></p> <p>9am-Tai Chi-Independence Park</p>
<p><b>14</b></p> <p>7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b>-South Blvd L Station -Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 4pm Walk with Michelle-ETHS track 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie- Ridgeville Park District-Seward and Ridge</p>	<p><b>15</b></p> <p>Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>16</b></p> <p>9-10 am-Levy Center lobby- Walking</p>	<p><b>17</b></p> <p>11:00 am-<b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago &amp; Main Newstand</p>	<p><b>18</b></p> <p>9-10 am-Levy Center lobby 9:30-10:30 Nia-Myrna Nia \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main &amp; McCormick- Sculpture Park <b>6-8 pm Cooking with Mamata 2113 Greenleaf St #4</b></p>	<p><b>19</b></p> <p>5pm--Melanie-South Blvd L Station- Brisk Walkers</p>	<p><b>20</b></p> <p>9am-Tai Chi-Independence Park</p>
<p><b>21</b></p> <p>7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b>-South Blvd L Station -Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 4pm-Walk with Michelle Greenwood Beach 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie- Ridgeville Park District-Seward and Ridge</p>	<p><b>22</b></p> <p>Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>23</b></p> <p>9-10 am-Levy Center lobby- Walking <b>6-7pm Nutrition Workshop with a Registered Dietitian Ashley MciLwee-Civic Center</b></p>	<p><b>24</b></p> <p>11:00 am-<b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago &amp; Main Newstand</p>	<p><b>25</b></p> <p>9-10 am-Levy Center lobby 9:30-10:30 Nia-Myrna Nia \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main &amp; McCormick- Sculpture Park</p>	<p><b>26</b></p> <p>5pm--Melanie-South Blvd L Station- Brisk Walkers</p>	<p><b>27</b></p> <p>9am-Tai Chi-Independence Park</p>

◀ Jun 2019		<b>July 2019</b>				Aug 2019 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>28</b> 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station –Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie-Ridgeville Park District-Seward and Ridge	<b>29</b> Sylvia and Pamela-CANCELLED 7pm-at-Sheridan-and-Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main & McCormick-Sculpture Park	<b>30</b> 9-10 am-Levy Center lobby-Walking	<b>31</b> 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand 6-7pm Levy Center-Nia with Myrna \$5.00- <b>WEAR YOUR WOW SHIRT</b>	*July 10-Gabrielle of 4 Suns, LLC will have a juice demonstration and tasting at Erie Family Health Center *July 18- Cooking with Mamata 2113 Greenleaf St #4 *July 23-Registered Dietian Ashley MciLwee will conduct a nutrition workshop			

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<b>Sweat Junkie Hot Yoga</b> 1040 Oak Avenue, Evanston \$10 drop-in classes-when you wear your <b>WOW</b> T-shirt	<b>D21 Fit Studio</b> 739 Main St. classes are \$7 for WOW	<b>Myrna Nia Chicago</b> 1934 Dempster St in the Dodge Plaza Nia classes \$5- <b>Dance Center Evanston</b>	<b>Club Pilates Evanston</b> 745 Chicago Ave
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Walking groups are lead and organized by volunteers; walk leaders on calender are listed by name

August WOW-We're Out Walking Activity Schedule

August 2019						
◀ Jul 2019						Sep 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Free yoga on the Clark St beach Sunday 8:30am-</b>				<b>1</b> 9:30-10:30 Nia-Dance Center Evanston \$5. WoW registrats 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main & McCormick-Sculpture Park	<b>2</b> 5pm--Melanie-South Blvd L Station- Brisk Walkers	<b>3</b>
<b>4</b> 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station –Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie-Ridgeville Park District-Seward and Ridge	<b>5</b> Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main & McCormick-Sculpture Park	<b>6</b> 9-10 am-Levy Center lobby-Walking	<b>7</b> 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand 6-7pm Levy Center-Nia with Myrna \$5.00- <b>WEAR YOUR WOW SHIRT</b>	<b>8</b> 9-10 am-Levy Center lobby 9:30-10:30 Nia- <b>Myrna Nia</b> \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main & McCormick-Sculpture Park	<b>9</b> 5pm--Melanie-South Blvd L Station- Brisk Walkers	<b>10</b> 9am-Tai Chi-Independence Park
<b>11</b> 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station –Brisk walkers 8:30-10am_Yoga-Clark St Beach 2pm Sylvia-Dempster and Lake Shore Blvd 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie-Ridgeville Park District-Seward and Ridge	<b>12</b> Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main & McCormick-Sculpture Park	<b>13</b> 9-10 am-Levy Center lobby-Walking	<b>14</b> 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand 6-7pm Levy Center-Nia with Myrna \$5.00- <b>WEAR YOUR WOW SHIRT</b>	<b>15</b> 9-10 am-Levy Center lobby 9:30-10:30 Nia- <b>Myrna Nia</b> \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main & McCormick-Sculpture Park	<b>16</b> 5pm--Melanie-South Blvd L Station- Brisk Walkers	<b>17</b> 9am-Tai Chi-Independence Park
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September 2019 WOW-We're Out Walking Activity Schedule

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 7:30am-D21 Fit Studio-Yoga 8am- <b>Melanie &amp; Hilda</b> -South Blvd L Station –Brisk walkers 2pm Sylvia-Dempster and Lake Shore Blvd 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 3:30pm Stephanie-Ridgeville Park District-Seward and Ridge	<b>2</b> <i>Happy Labor Day!</i> Sylvia and Pamela- 7pm at Sheridan and Church 8:30-9:30am Movement Mediation Free WOW registrat 7pm Willie-Main & McCormick-Sculpture Park	<b>3</b> 9-10 am-Levy Center lobby-Walking	<b>4</b> 11:00 am- <b>Club Pilates</b> Free Introduction Class 7pm-Linda-Chicago & Main Newstand 6-7pm Levy Center-Nia with Myrna \$5.00- <b>WEAR YOUR WOW SHIRT</b>	<b>5</b> 9-10 am-Levy Center lobby 9:30-10:30 Nia- <b>Myrna Nia</b> \$5. 7pm Demita-Sigma Gamma Rho Tennis courts on Oakton n Dodge Ave 7pm Willie-Main & McCormick-Sculpture Park	<b>6</b> 5pm--Melanie-South Blvd L Station- Brisk Walkers <b>END OF PROGRAM CELEBRATION</b> <b>CIVIC CENTER, Room 300</b> <b>4-6:00 PM</b>	<b>7</b> End of Program 2019 WOW
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	September 6, 2019 4-6:00 PM END OF 2019 PROGRAM CELEBRATION <b>CIVIC CENTER, Room 300</b> Light refreshments served				

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