

SUMMER 2010 ACTIVITIES

WEEK DAY	TIME	ACTIVITY	DESCRIPTION
Monday	11:00 am	Meet the Horses	At the Running Y Pavilion. Get up close with our unique team of horses.
	3:00 pm	Family Bingo	Bingo just for fun and prizes for all ages. \$1 for 3 games, \$2 for 6.
Tuesday	10:30 am	Ceramic Painting	Fun pieces for all ages and abilities including tiles, mugs and more. Work will be fired and returned the next day by Next of Kiln. Starting at \$4.00
Wednesday	10:00 am	Birds of Prey	Learn about some native birds and wildlife rehabilitation with a red-tail hawk, great horned owl & more. Badger Run Wildlife Rehab.
	1:00 pm	Family Crafts	Craft projects fun for everyone in the family. View a sample at the Sports Center. Price varies.
Thursday	1:30 pm	Scavenger Hunt	See who can find the most items in a short amount of time. Search your car, your room and around the resort.
Saturday	Noon	Petting Zoo at the Corrals	At the Ranch Corrals. Includes horses, goats and a pot-belly pig. Call 541.591.0186 for pricing.

FITNESS CLASSES

Monday, Wednesday & Friday	8:00 am	Aqua Fit	At our Aqua Fit classes you'll enjoy a full aerobic workout in our great pool. Water Aerobics Classes are Mondays, Wednesdays and Fridays. \$5.00
Tuesday & Thursday	6:30 am	Pump & Jump	Outdoors. Includes exercises combined with walking, jogging and low impact plyometrics. Meet at the Sports Center 10 minutes early. \$5.00
	9:00 am	Yoga	Hatha and Bhakti Yoga with an emphasis on breathing and balance of the mind, body and spirit. Modified for all. \$8/owners or \$10/guests.

More classes available at the Sports and Fitness Center. Call or stop by for information.

For more information visit the Running Y Sports and Fitness Center or call 541.850.5587.

