

LET'S MOVE. LET'S REACH.™

**SATURDAY
SEPT. 15
8 A.M.–2 P.M.**

2018 PHYSICAL ACTIVITY DAY SCHEDULE “CARDIO IN THE COMMUNITY”

8:30–9 a.m.
Run/Walk

9:15–9:30 a.m.
Drill Team
Condors Drum Corps

9:30–10 a.m.
Step Above the Rest

10–10:45 a.m.
Zumba
Pam Nelson

10:45–11:45 a.m.
“Pipe it Up”
Treven Coleman

11:45 a.m.–12:45 p.m.
HIIT/Rhythm and
Sweat/STRONG
Leah Nicole

12:45–1:15 p.m.
Mixed Fit
Sammie Quinn

1:15–1:30 p.m.
“Faithfully Fit”
Doris Lassiter

1:30–2 p.m.
Drill Team
*Pleasant Green Baptist
Church Marching Saints*

SPECIAL FEATURES All events will take place at Dreamland Park, 24th Street and Lizzie Robinson Drive.



RAFFLES A winner named at the top of every hour, all day long!





9:30–10 a.m. | A Step Above the Rest

Local line dance group led by Wendy Jones, a dance instructor for over 20 years. Wendy has taught in the community as well as the public school system. Wendy is a competitive dancer who is also skilled in two-stepping and square dancing.



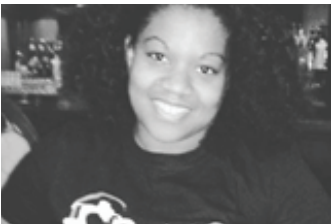
10–10:45 a.m. | Zumba with Pam Nelson

Pam Singleton-Nelson is the Worksite and Community Wellness Coordinator for Charles Drew Health Center since 2011. She is a certified Health Coach, Group Fitness Instructor with American Council on Exercise. She is a licensed Zumba, Zumba Gold and Zumba Toning instructor. She will be joined by fellow licensed Zumba instructors Caroline Barnes and Crystal Lawson. Charles Drew Health Center, 2910 Burdette Street–Omaha, offers free Zumba classes on Monday and Thursday nights, 5:45–6:45 p.m. Zumba is a dance fitness program that combines Latin and international music with dance moves. Zumba is a workout disguised as a dance party.



10:45–11:45 a.m. | “Pipe it Up” with Treven Coleman–Top Flight Fitness

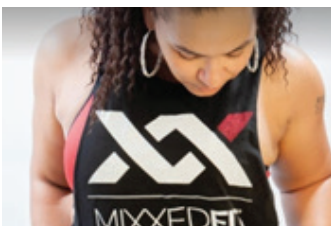
This class is a cardiovascular full body workout! We focus on building endurance while touching the muscles at the same time! Top Flight Fitness is here to bring out the highest performance from our members, ensuring that all levels of expectations and fitness goals are met.



11:45 a.m.–12:45 p.m. | HIIT/Rhythm and Sweat/STRONG

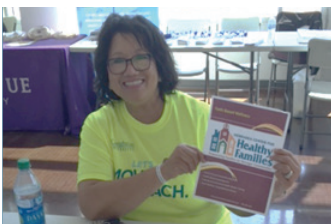
Omaha-native Leah Nicole has been a fitness professional for over five years teaching dance, HIIT classes, weight training and more. Her passion helped her discover the need to create her own program last year. Rhythm & Sweat™ is a dance fitness format with a huge concentration in toning and fat burning. This is a complete full body workout that does incorporate the use of dumbbells. This format is the missing piece for all that want to dance their way to fitness quickly, safely, and effectively. Leah’s growth in the fitness industry continues to expand. Her fitness studio, Brown Suga Fit Factory is set to open this September 2018.

STRONG by Zumba In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing.



12:45–1:15 p.m. | MixedFit with Sammie McQuinn

MixedFit is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness programs can be described as explosive! Sammie has been a MixedFit instructor for three years. Her classes are at Adams Center, Genesis, The Sal and YMCA.



**1:15–1:30 p.m. | “Faithfully Fit” with Doris Lassiter,
Nebraska Center for Healthy Families**

Fitness walking with your REACH Church (Bethesda Seventh Day Adventist, Clair Memorial United Methodist, Mt. Moriah Missionary Baptist, Morning Star Baptist, New Beginning Community Baptist, Pleasant Green Baptist, Redeemed Christian Church of God, St. Mark Baptist, Salem Baptist, Worship Center and Zion Baptist).