

Join us for these exciting Fall programs from SOAR!

(October 8th – November 15th)

Announcing the second Fall session of 2018! We'll start on Monday's with dancercize, then meet for OUTDOOR walking at the Rocky River Reservation. Then, on Wednesdays, aerobics at Big Creek Center and end the week with walking/indoor games @BCC!!!

Mondays

DANCERCIZE: 6:30-7:30 PM

Where: Gemini Center, 21225 Lorain Road (Birch & Maple Rooms)

Description: : Join your SOAR! staff for an 'happening hour' of moving & grooving. We'll work out to an exciting selection of Tunes and a fun time is guaranteed for all!

Note: Limited to 40 participants

Dates:

October 8th, 15th, 22nd, 29th
November 5th & 12th

Fee: \$ 20.

Tuesdays – NEW!

WALKING: 6:00 – 7:00PM

Where: Rocky River Resevation Rockcliff Spring Parking lot (1 1/4 miles south of Detroit Road park entrance)

Description: Join us for some late Fall outdoor walling!

PLEASE NOTE: We'll start 1/2 hour earlier than usual to enjoy the late day sunlight....Always a fun time for ALL! ☺

Note: Limited to 30 participants

Dates:

October 9th, 16th, 23rd, 30th,
November 6th & 13th

Fee: \$12.

Wednesdays

AEROBICS: 6:30 - 7:30 PM

Where: Big Creek Center, 6149 West 130th Street

Description: Join Angie as we burn some calories in this very popular activity. Get in shape for the holidays and that Thanksgiving turkey!

Note: Limited to 45 participants

Dates :

October 10th, 17th, 24th, 31st
November 7th & 14th

Fee: \$20.

Thursdays

WALKING/GAMES: 6:30 – 7:30 PM

Where: Big Creek Center, 6149 West 130th Street

Description: Join your friends for a great session of indoor games. We'll play a variety of games and also do some walking in the gym. Promises to be a great time!

Note: Limited to 30 participants

Dates:

October 11th, 18th, 25th
November 1st, 8th & 15th

Fee: \$15.

(Fee includes: a snack at each activity) – **Registration Deadline: Friday, September 28th**



TO RECEIVE A MASTER REGISTRATION FORM
(if you have NOT participated in a SOAR! program this year)
and to **SIGN UP FOR AN ACTIVITY**, CALL US AT: **440-327-6454**.
Mail registration form to: SOAR!, 32730 Walker Road Suite I-1

Avon Lake, Ohio - 44012

