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REMINDER

There will be NO CLASS on July 26.
The Turn Staff will be taking part in our Charity Classic at Barrington Country Club.

July 27 - NO CLASS - Play Day from 10-11:30 ** limited to 10 players
****Sign up on Vagaro or contact Shellie**

July 28 - NO CLASS - Bocce Ball from 10-11:30** limited to 6 players
****Sign up on Vagaro or contact Shellie**

FITNESS NEWS

Walking is a great way to move your body! There are many health benefits associated with walking that include overall improved health through exercise, improved cardiovascular and pulmonary fitness, and many more.

This week we will be discussing these advantages to walking, along with other ways to keep active in your everyday life.

GOLF NEWS

This week Golf and Fitness will be combining forces! If Mother Nature agrees, we will be having a combined play day for your session. That means bring your whole bag and we'll play 1-3 holes! We will be using carts, but try and take a few extra steps during your round to help keep those legs active. Don't worry if you don't have any clubs, we will make sure you have a bag during your session

If Mother Nature doesn't cooperate, we will do short game inside, so bring your wedge and putter