**THE WAVE**
Aquatic & Fitness Center

PRESENTS

**GLOBAL WELLNESS DAY®**

## SATURDAY, JUNE 8TH 2024

Join our **FREE** Community Event celebrating and educating upon our essential connection to nature and its elements: Earth, Air, Fire, Water, and Spirit. This year's theme is #MagentaNature.

We'll have **complimentary Group Fitness classes from 8 am - 12pm, a nature themed wellness fair from 9 am - 12pm,** prizes, a photo booth, Miss Montana USA and more!

Grab a friend, dress as your favorite nature critter or natural element and come join us for a morning of wellness, community and connection in Whitefish, Montana.

## GLOBAL WELLNESS DAY SCHEDULE

### CYCLING | EARTH ELEMENT
8:00 - 8:30 AM: **Sprint 8** - Wendy
8:45 - 9:15 AM: **Cycling** - Erika
9:30 - 10:00 AM: **Cycling** - Corinne

### MIND & BODY | AIR ELEMENT
8:00 - 8:45 AM: **Vinyasa Yoga** - Corinne
9:00 - 9:45 AM: **Slow Flow Yoga** - Erika
10:00 – 10:30 AM: **Tai Chi** – Emily
10:45 - 11:30 AM: **Power Flow Yoga** – Nathalie
11:45 AM – 12:15 PM: **Inferno HIIT Pilates** - Michelle

### GROUP FITNESS | FIRE ELEMENT
**Gymnasium:**
• 8:30 – 10:00 AM: **Les Mills Sampler - BODYPUMP, BODYATTACK, CORE**
  - Aimee, Brit, Coco, Jennie, Michelle, Scarlet, Torie

**Group Fitness Studio:**
• 9:00 – 9:30 AM: **Sculpt** - Mary
• 9:45 – 10:15 AM: **Barre** – Joy
• 10:30 – 11:15 AM: **Zumba** – Joy, Julie, Leah, Michelle
• 11:15 –12:00 PM: **Oula** – Angie, Coco, Emily & Scarlet

### AQUATICS | WATER ELEMENT
9:00 –9:45 AM: **Water Aerobics** - Julie & Liz
10:00 - 10:45 AM: **Deep Water Aerobics** – Liz

### NATURE THEMED WELLNESS FAIR | SPIRIT ELEMENT
9:00 AM - 12:00 PM: **Participants** - Host: The Whitefish Wave
Montana Ambassador for Global Wellness Day: Kim Collier of Collier Concepts
*Eartha Collective, Elevate Health Coaching & Training, Center for Native Plants, FAST Blackfeet Food Sovereignty, Flathead Chapter of Audubon Society, Glacier Institute represented by Miss Montana USA , Hammer Nutrition, Whitefish Lake Institute, JAMUspa, Mountain Berry Bowls & VIBE Wellness Lounge*

For more information on this international event: www.globalwellnessday.org