



# Family Fitness Festival

## Red River Community House

June 26-28, 2008

Hiking, Bicycling, Gymnastics, Jazzercise, Dancing, Seminars, and more...

Meet at Community House for All Events.  
Sign up in advance for each event to guarantee a place.  
Barbara Dry: 575-754-3364; 505-331-9587

### Thursday, June 26, 2008

#### Morning

10-12pm - Guided family hike on Red River Nature Trail (Eddie Dry, Red River Outdoor Group)

#### Afternoon

2-4pm - Guided family bicycle ride along River Walk to Mallette Park for Fun and Games (Matt and friends)

#### Evening

6-7pm - S'mores and stories around the fire for the family (Matt and friends)

7-8pm - Line Dancing for the family (Matt and friends)

8-11pm - Teen and Young Adult Night (Matt and friends)

### Friday, June 27, 2008

#### Morning

10-10:30am - Seminar: 42 Medically Proven Benefits of Exercise (Evelyn, Jazzercise West)

10-11am - Bicycle Workshop for Kids: bike safety and taking care of my bike (Dave, Red River Bike Club)

10am-12pm - Family Flower Walk - Bring water. (Rush and Amanda Pierce, Community House Volunteers)

10:45-11:25am - Jazzercise Express (Evelyn and Tiffany, Jazzercise West)

11:30am-12:00pm - Jazzercise Body Sculpting (Evelyn and Tiffany, Jazzercise West)

#### Afternoon

1-3pm - Bicycle Maintenance Workshop for teens and adults (Dave Stevenson, Red River Bike Club)

1-2pm - Junior Jazzercise! for kids ages 6-11 (Tiffany, Jazzercise West)

1-3pm - Body Fat testing: Sign up in the Community House for an appointment (Evelyn, Jazzercise West)

1-3pm - Chair Massage: Sign up in the Community House for an appointment (Darcy Banks, Darcy's Mobile Massage)

1:15-2pm - Gymnastics workshop for ages 3-4 years (Miss Elisa, Tumbledown Gymnastics)

2:15-3pm - Gymnastics workshop for ages 5-7 years (Miss Elisa, Tumbledown Gymnastics)

3:15-4pm - Gymnastics workshop for ages 8+ years (Miss Elisa, Tumbledown Gymnastics)

4:15-5pm - Gymnastics workshop for ages 3-4 years (Miss Elisa, Tumbledown Gymnastics)

3-3:45pm Seminar: Dining Out: Do It the Smart Weigh (Evelyn, Jazzercise West)

#### Evening

6-7pm S'mores and stories around the campfire (Matt Alexander and friends, Community House Staff)

7-9pm - Dancing under the stars - line dancing, two-stepping, and swing basics (Evelyn and Tiffany, Jazzercise West)

### Saturday, June 28, 2008

#### Morning

10:15-11am - Gymnastics workshop for ages 3-4 years (Miss Elisa, Tumbledown Gymnastics)

11:15am-12pm - Gymnastics workshop for ages 5-7 years (Miss Elisa, Tumbledown Gymnastics)

10am-12pm - Chair Massage: Sign up in the Community House for an appointment (Darcy Banks, Darcy's Mobile Massage)

#### Afternoon

1-3:30pm - Guided mountain bicycle tour at Enchanted Forest - Bring water and a snack (Dave, Red River Bike Club)

1-4pm - Guided hike at Enchanted Forest - Bring water and a snack (John Miller, Red River Outdoor Group)

1-3pm - Chair Massage - Sign up in the Community House for an appointment (Darcy Banks, Darcy's Mobile Massage)

1:15-2pm - Gymnastics workshop for ages 3-4 years (Miss Elisa, Tumbledown Gymnastics)

2:15-3pm - Gymnastics workshop for ages 8+ years (Miss Elisa, Tumbledown Gymnastics)

2-4pm - Body Fat testing: Sign up in the Community House for an appointment (Evelyn, Jazzercise West)

3-3:45pm - Seminar: Taking Your Kids from Commotion to Conditioning (Miss Elisa, Tumbledown Gymnastics)

4-4:45pm - Seminar: Better Nutrition for Better Fitness (Evelyn, Jazzercise West)

5-6pm - Jazzercise (Evelyn and Tiffany, Jazzercise West)

#### Evening

7-8pm Concert - Philip John Brooks

8-10pm - Dancing under the stars - basic Salsa, Latin, and country (Evelyn and Tiffany, Jazzercise West)

### Sunday, June 29, 2008

#### Morning

**Build your spiritual fitness  
by attending one of Red River's churches**

8am - First Baptist Church of Red River—Contemporary

10am - Faith Mountain Fellowship Church—Nondenominational Praise Service

10:30am - First Baptist Church of Red River—Traditional

10:30am - Community House Nondenominational Church Service—Rodney Weatherley preaching

#### Afternoon

**Hike and bike and enjoy Red River  
to your heart's content  
using the tools you have received this weekend.**