

## Detailed Event Calendar Information

### *Klamath's Healthy Active Challenge 2007*

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### **April 15- Healthy Active Challenge Begins!**

**Weekly point forms are due starting Monday, April 23. 5:00 P.M.** each Monday is the deadline for Team Leaders to turn in their team's total weekly points (including bonus points), and the number of participating team members.

Submit your points:

By hand to the OSU Extension Office (3328 Vandenburg Rd.).

By fax to 541-883-4582.

By email to [mail@healthactiveklamath.org](mailto:mail@healthactiveklamath.org) or online at [www.healthyactiveklamath.org](http://www.healthyactiveklamath.org).

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### **Sunday April 15- Weekly Special Events Begin**

#### **REMEMBER:**

- Most events have limited space available on a first-come-first-serve basis. Certain events do have a reservation list. Check the detailed calendar for the reservation number.
  - Individual participants can go to events; you need not go as a team.
  - All events are **free** of charge and are sponsored by local businesses and organizations independent of the Healthy Active Challenge organizers. We are not responsible for content or delivery at these events.
  - Please thank the businesses for their participation in the Challenge.
  - Attendance at these events makes you eligible for weekly prize drawings. Be sure to sign the attendance sheet at each event to enter your name in the drawing.
  - **You must bring your Challenge I.D. card to participate in events.**
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## **ALL TEAMS ARE INVITED TO ATTEND THE HEALTHY ACTIVE CHALLENGE KICK-OFF SUNDAY APRIL 15 AT 2:00 P.M.**

- Take a group walk on the OC&E Trail
- Team pictures will be taken
- Optional team weigh-in on truck scale
- Refreshments provided

**This event will be held at the public scales adjacent to Mac's Store (12450 Hwy 39 approximately 3 miles south of Henley School).**

**Starting Monday April 16-May 25- Cardio Sculpt Class sponsored by the YMCA every MWF 5:30-6:30A.M.** (1221 S. Alameda, KF). Light weightlifting, cardio vascular movements, and abdominal workout. This is an all-in-one class, and a great way to start the day! This class is open to all participants every MWF throughout the weeks of the challenge (April 16-May 25). For more information call 884-4149.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Tuesday April 17- Group Fitness Walk sponsored by the Linkville Lopers 6:00-7:00P.M.** (Henley High School 8245 Hwy 39, KF). Wear comfortable shoes, dress appropriately for the weather, and meet at the track. For more information call Robert at 884-6939.

**\*Reservation is not required**

\*Must have Challenge I.D. card to attend.

**Friday April 20- Open-swim sponsored by the Ella Redkey Pool 4:30-7:30P.M.** (1805 Main St., KF). Swimming fun for the whole family. For more information and to reserve a spot call 273-1477. Capacity = 75.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Starting Saturday April 21-May 26 Yoga Sculpt Class sponsored by the YMCA every Saturday 9:00-10:00A.M.** (1221 S. Alameda, KF). This class is meant to engage your core and mind. Yoga increases strength to maintain positions and posture while engaging the mind and balancing muscles. A good, slow-moving class that gives an excellent toning experience. This class is open to all participants every Saturday throughout the weeks of the challenge (April 21-May 26). For more information call 884-4149.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Saturday April 21- The “Courthouse Walk” guided by the Klamath County Museum 10AM.** (Meet at Veteran’s Park, KF). This is a little over two-mile walk where you will visit the 1888 Courthouse, examine the site of the 1920 Courthouse, and see where the never-used “Hot springs” Courthouse stood. This walk will also include various other points of historical interest in the downtown area, including a little-known scenic viewpoint. For more information call 883-4208.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Saturday April 21- Fly-casting sponsored by The Ledge 10:00 A.M. OR 12:00 P.M.** (369 S. 6<sup>th</sup> St. KF). World-renowned fly-fishing guide will instruct fly-rod usage. This hands-on event will give you an opportunity to learn some fly-casting basics, and get in some practice. Bring a fly-casting pole if you have one. For more information and to reserve a spot call 882-5586. Capacity = 25 at each session.

**\*Reservation is required**

\*Must have Challenge I.D. card to attend.

**Sunday April 22- The “Courthouse Walk” guided by the Klamath County Museum 2:00A.M.** (Meet at Veteran’s Park, KF). This is a little over two-mile walk where you will visit the 1888 Courthouse, examine the site of the 1920 Courthouse, and see where the never-used “Hot springs” Courthouse stood. This walk will also include various other points of historical interest in the downtown area, including a little-known scenic viewpoint. For more information call 883-4208.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Monday- Thursday April 23-26- Exercise Classes sponsored by Harbor Isles Tennis Club 12:15-1:00P.M.** (2805 Front St. KF). These classes are great for a lunch-time workout! For more information and to reserve a spot call 884-3299.

**Monday-** Strength-training Class. This is a mixture of different weight-training exercises and modifications designed to stimulate the muscles in new ways and work your whole body.

**Tuesday-** Pilates Class. Designed to tone your whole body. Slow, controlled movements and sequencing using your core muscles.

**Wednesday-** Group Power Class. 45 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music. For all ages and fitness levels.

**Thursday-** Core/Pilates Class. Pilates with a variety of exercises using the stability ball, medicine ball, and bands.

Capacity = 25.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Saturday April 28- Open-gym sponsored by Harbor Isle Tennis Club 10:00-2:00P.M.** (2805 Front St. KF). This is an opportunity for Challenge participants *18 and over* to try out a beautiful gym full of state-of-the-art equipment. For more information call 884-3299.

**\*Reservation is not required**

\*Must have Challenge I.D. card to attend.

**Saturday April 28- Rowing Clinic sponsored by the Ewauna Rowing Club 9:00A.M.-12:00P.M. OR 1:00P.M.-4:00P.M.** (10 George Nurse Way, KF). Meet at the building inside Veteran's Park. Participants will receive hands-on instruction about the basics of boating, the importance of teamwork, boating terminology, balancing, and boat movement. After dry-land instructions, you will take your new knowledge out on the water. Dress appropriately: wear comfortable but fitted clothing (loose clothing may get caught on things), and water or tennis shoes. Sunscreen or a hat is suggested. For more information and to reserve a spot call 892-8308. Capacity per session = 25.

**\*Reservation is required**

\*Must have Challenge I.D. card to attend.

**Sunday April 29- Golf Clinic sponsored by the Running Y 1:00-2:30P.M.** (5790 Coopers Hawk Rd, KF). This event will start with a brief golf lesson covering basic set-up and swing, and then you will get a chance to practice what you have learned. For more information and to reserve a spot call George at 850-5580. Capacity = 10.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Monday April 30- Presentation "Childhood Obesity: A Community Perspective" by Dr. Daniel Marks sponsored by Merle West Medical Center 6:00P.M.** (Presentation will be held at the Mabel Liskey Henzel Pavillion 2200 Eldorado Dr., KF). Dr Marks' presentation will highlight the epidemic of obesity in children and explore the environmental factors contributing to childhood obesity. Dr. Marks will also discuss the need to refocus attention away from body shape and back on healthy lifestyle choices, and suggest specific interventions for home, school, and community that will improve the health of our children. For more information call Ameer at 883-4161.

**\*Reservation is not required.**

**Monday-Friday April 30-May4- Open-gym sponsored by 123 Fit 6:00P.M.-8:00P.M.** (925 Klamath Ave., KF). Scientifically proven to be the world's best 30-minute workout! Get a total body workout with both cardio and strength training in 30 minutes. Participants are welcome to try out the gym these five days during the specified hours. For more information call 883-2348.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Wednesday May 2- Jazz dance class sponsored by Klamath Dance and Exercise 6:30-7:45 P.M.** (229 S. 6<sup>th</sup> St., KF). This is a fun, upbeat class for both the beginner and experienced dancer. This class will explore the many faces of Jazz dance. Wear comfortable clothing (jeans not recommended). For more information and to reserve a spot call 884-1522. Capacity = 20.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Saturday May 5- Open-gym sponsored by 123 Fit 8:00A.M.-3:00P.M.** (925 Klamath Ave., KF). Scientifically proven to be the world's best 30-minute workout! Get a total body workout with both cardio and strength training in 30 minutes. Participants are welcome to try out the gym these five days during the specified hours. For more information call 883-2348.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Sunday May 6- Deep Relaxation Yoga sponsored by Divine Motion Yoga 3:00-4:00 P.M.** (129 S. 9<sup>th</sup> St., KF). Recent research suggests that a high percentage of illness is stress related which compromises the body's ability to fight disease. The practice of Yoga Nidra is an ancient approach in which you will rest on your back, and be guided into various techniques that will lead you to deep relaxation. This class is appropriate for everyone including beginners. Wear loose and comfortable clothing and do not eat within one hour before class. To sign up go to [www.divinemotionyoga.com](http://www.divinemotionyoga.com) and click on the "sign me up" link, and add "Yoga Nidra" in the subject heading. Capacity = 30.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Monday May 7- Basic Self-Defense Class sponsored by Kocyla Karate 5:30-6:30 P.M.** (5225 Washburn Way, KF). This event will include basic warm-ups, stretching, light exercise, and some insights into basic self-defense techniques. Wear comfortable clothing and bring your own water (optional). Call John at 850-8224. No class limit.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Wednesday May 9- Belly Dancing Class taught by Joyce O'Neill 6:45-8:15P.M.** (Class will be held at Klamath Dance and Exercise 229 S. 6<sup>th</sup> St., KF). Participants will learn the basics of Egyptian Belly-Dancing. This activity is a good way to tone muscles while learning the shimmy, head moves, and "snake arms." Wear comfortable clothing, and dancing will be done with bare or stocking feet. Bring a beach towel. For more information and to reserve a spot call 884-1522. Capacity = 20.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Thursday May 10- Wakeboarding instructional demonstration**

**sponsored by Klamath Board Sports 6:00-7:00 P.M.** (316 South 6<sup>th</sup> St., KF).

Try on boots and wakeboard, learn how to select the proper board size and type for your ability. Dry-land lesson on basic wakeboarding techniques. Try out your jumps and spins on the big trampoline! For more information and to reserve a spot call 273-9527. Capacity = 20+.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Sunday May 13- Deep Relaxation Yoga sponsored by Divine Motion**

**Yoga 3:00-4:00 P.M.** (129 S. 9<sup>th</sup> St., KF). Recent research suggests that a high percentage of illness is stress related which compromises the body's ability to fight disease. The practice of Yoga Nidra is an ancient approach in which you will rest on your back, and be guided into various techniques that will lead you to deep relaxation. This class is appropriate for everyone including beginners. Wear loose and comfortable clothing and do not eat within one hour before class. To sign up go to [www.divinemotionyoga.com](http://www.divinemotionyoga.com) and click on the "sign me up" link, and add "Yoga Nidra" in the subject heading. Capacity = 30.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Monday May 14- Skate Class sponsored by Skateland 6:00-8:00 P.M.**

(2207 Washburn Way, KF). This event will give all participants some insight into basic skating, forward and backward, and includes light stretching. Great low-impact cardiovascular workout! Skates provided. For more information call 883-2700. No class limit.

**\*Reservation is not required.**

\*Must have Challenge I.D. card to attend.

**Wednesday May 16- Karate class sponsored by Klamath Falls Shotokan**

**Karate 7:00-8:00 P.M.** (Class will be held at Klamath Dance and Exercise 229 S. 6<sup>th</sup> St., KF). Introductory traditional Japanese karate class that will be fun and easy! This class will cover basic stances, punches, kicks, strikes, blocks, and some self-defense techniques. Wear loose clothing and practice will be done barefoot. For more information and to reserve your spot call 884-1522. Capacity = 30.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Thursday May 17- The Climb sponsored by The Ledge 6:00-8:00 P.M.**

(369 S 6<sup>th</sup> St. KF). Participants will receive hands-on instruction about the basics of rock climbing. Wear comfortable, loose clothing. Shoes and climbing harnesses will be supplied. For more information or to reserve a spot call 882-5586. Capacity = 25

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Saturday May 19- Golf Clinic sponsored by Running Y 1:00-2:30 P.M.**

(5790 Coopers Hawk Rd, KF). This event will start with a brief golf lesson covering basic set-up and swing, and then you'll get a chance to practice what you have learned. For more information or to reserve a spot, call George at 850-5580. Capacity = 10.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Sunday May 20- Comfort Classic bike ride sponsored by Hutch's**

**Bicycles 10:00 A.M.** Ride begins and ends at Wiard Park, KF). This ride is a casual 20-mile road ride from Klamath Falls on the OC&E trail around Olean and back. The Olean store is about halfway through the ride. Course marking and maps will be provided. Bring water and snacks if needed. For more information and to reserve a spot call 850-2453.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Tuesday May 22- Bowling sponsored by the Epicenter 6:00-8:00 P.M.**

(3901 Brooke Drive, KF). This event will give you information on calories burned, muscles used while bowling, and much more. The remainder of the time will be spent bowling. Bowling shoes will be provided. For more information and to reserve a spot call 273-0700. Capacity = 60.

**\*Reservation is required.**

\*Must have Challenge I.D. card to attend.

**Friday May 25- Group Fitness Walk sponsored by the Linkville Lopers**

**6:00-7:00P.M.** (Henley High School 8245 Hwy 39, KF). Wear comfortable shoes, dress appropriately for the weather, and meet at the track. For more information call Robert at 884-6939.

**\*Reservation is not required**

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