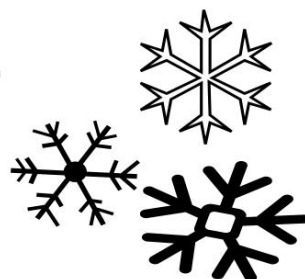




# Tips For Fun Ways To

## STAY ACTIVE

# This Winter



### Mall Walkers

Many malls open early to allow walking. Although the stores may not be open, you still have access to benches, bathrooms, and drinking fountains.

#### Explore downtown Des Moines in the warmth of the skywalk!

Need a change of scenery while you walk? We got you covered! On the back of this flyer is a map of the skywalk and a list of important facts to know. Walking distances and step-by-step directions are also listed. If you have a smart phone download the SkywalkDSM App!

### Iowa Arboretum's Hibernation Celebration

1875 Peach Ave, Madrid, IA 50156  
(515) 795-3216  
January 10, February 14 & March 6, 2016  
12 noon to 3 PM  
Suggested good will donation \$5-10

#### Program Highlights:

- Family yoga – just right for everybody
- Soup's on- Meet the guest chef and take home a taste
- Outdoor activities weather pending
- Birdwatching at the feeders all afternoon
- Silent zone with natural light all afternoon
- Bring a board game, hobby, journal or curl up with a good book.

**Robert L Scott Four Mile Community Center**  
3711 Easton Boulevard  
Des Moines, Iowa 50317  
(515) 248-6315

Low cost access to gym equipment or join the Four Mile Walking Club. Most services are \$1 per person/per day

### 3 Easy Steps to Join:



- 1) Find your nearest YMCA
- 2) Find membership rate and/or ask about reduced rates
- 3) Schedule a tour and begin your adventure

#### Benefits of a Y Membership

- Group exercise classes like Zumba, cycling, Body Pump, yoga, INSANITY, Pilates, barre, tai chi, water aerobics and More!
- Free wellness coaching to help you achieve your goals and guide your wellness journey.
- Free Child Watch so you can work out while your child plays and learns.
- Reduced rates on YMCA programs including youth sports, swim lessons, day camp, or before and after school care.

FREE ONE DAY PASS (access online)

[http://www.dmymca.org/en/join\\_the\\_y/member\\_benefits/](http://www.dmymca.org/en/join_the_y/member_benefits/)

### Mercy Weight Loss & Nutrition Services

4 Weeks to a Healthier You - A healthy lifestyle introduction. The fee for this month long program is \$25 and that also includes a month pass to the YMCA

FREE CLASSES: Mercy Weight Loss & Nutrition Center offers free health and wellness classes taught by experts in their fields. From heart healthy recipes, tricks to stay more active, and even incorporating meditation into your life, a different aspect of living healthy is covered each class.

For questions about class dates or to Schedule your free weight loss consultation CALL 515-358-9400 today!

### Botanical Blues

Come in from the cold and enjoy music at the Greater Des Moines Botanical Center every Sunday in January and February from 2 to 4 p.m. Regular admission rates apply. Seating is limited, arrive early to get a seat for the show. 909 Robert D. Ray Drive (515) 323-6290

The 2016 line-up of musicians includes:

- January 17 J.D. Flannigan and Pat Hemann
- January 24 Cindy Grill and Alan Smith
- January 31 Toby Case and Wayne Templeton
- February 7 Tina Haase-Findlay and Brandon Findlay
- February 14 The Eastside Brothers
- February 21 Jodi Bodley and Dewey Cantrell
- February 28 Matt Woods