



Feb. 15 through May 22

Open to all ages and fitness levels!

This Winter, we have an amazing offer that you **CANNOT** miss! You will have the opportunity to participate in a community-wide event benefitting the whole family. You will be able to participate in exercise classes, nutrition and wellness seminars, rock climbing, **FREE** Friday workouts, open swim and much, much more!

Age	Member	Resident	Non-Resident
Adult (18-61)	\$65	\$75	\$105
Senior (62+)	\$60	\$70	\$95
Family	\$95	\$110	\$155

Due to the continued construction project, the 100-day program may experience interruptions with occasional cancelled activities/classes, area/amenity shutdowns, etc. We are also anticipating a one-week shutdown of the entire center – with dates TBD at a later time. In the event of any disruption with 100 day programming, no make up class, no day pass, no additional week will be added to the schedule and no additional center use (for non-members), will be provided.

Kick-Off Event: Sunday, Feb. 15

9-11:45 a.m.

Come on into the Kirksey Recreation Center and pick up the Healthy Livonia's 100 Days to Health Swag! The first 150 participants will receive the official 100 Days to Health workout bag, water bottle, and knit hat. We will also be handing out day passes in order for you to enjoy the use of the Kirksey Recreation Center for the day. Weigh in for the Weight Loss Fitness Challenge!

9:30-10:30 a.m. Eating Through the Confusion, Part 1: Introductory Session

What if health wasn't something you had to figure out on your own? In this session, we'll explore how connection – with ourselves, our communities, and our values – can support both personal and collective well-being. You're invited to bring curiosity, compassion, and an open mind as we begin to rethink what health really means. We'll talk about why leaning on others and letting go of perfection are necessary for our health and wellbeing. This conversation will set the stage for the upcoming series focused on nutrition, intuitive eating, self-care, and community care. Seminar led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog.

10:45-11:45 a.m. Motivation and Weight Loss: Stacking Behaviors that Make a Difference

Are you tired of being stuck? What are the tools that many use to successfully motivate themselves to lose weight? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi as we explore practical and research-based tools that make a difference. Keri is the author of Just One Thing: Simplifying the Mystery of a Healthy Lifestyle and Quit Quitting and is the founder of Energetic Wellness Coaching.

Final Day: Friday, May 22

Free Friday at the Kirksey Recreation Center!



Tips and Information

Open to all ages and fitness levels!



- If you are unable to attend the kickoff event, you are welcome to participate in any/all 100 Days activities listed on the calendar, without enrolling in the specific activity. Please note, some classes and seminars will have limited enrollment
- For all activity descriptions, please review the 100 Days to Health calendar.
- All 100 Days activities, with the exception of the Bunny Brunch and Egg Hunt, will be held at the Kirksey Recreation Center. You must check in at the Front Desk for all 100 Days classes, seminars, and Free Friday use. Present your name to the front desk, and staff will verify your enrollment in the 100 Days program.
- During the 100 Days program, access to the Kirksey Recreation Center is only allowed for 100 Days seminars, 100 Days exercise classes, and day use on FREE Fridays. Entry for 100 Days activities will only be allowed up to 15 minutes before the scheduled start time, excluding FREE Friday use. Day passes and/or class passes can be purchased for additional access to other non-100 Days activities at The Rec.
- Kids Night Out, Nerf Night, Hoppin' Pool Party and Bunny Brunch require additional fees. On the calendar, these activities will have FEE attached to the activity. These are the only 100 Days activities requiring additional registration FEES. All other activities listed on the calendar do not require additional fees.
- **Due to the continued construction project, the 100-day program may experience interruptions with occasional cancelled activities/classes, area/amenity shutdowns, etc. We are also anticipating a one-week shutdown of the entire center – with dates TBD at a later time. In the event of any disruption with 100 day programming, no make up class, no day pass, no additional week will be added to the schedule and no additional center use (for non-members), will be provided.**
- 100 Days staff will record all class participation. Participate in as many 100 Days classes, seminars, and activities as you wish. You are welcome to participate in activities without enrolling in the specific activity, but remember that some classes and seminars will have limited enrollment.

**Monthly
Raffle
Prizes!**



100 Day Weight Loss Fitness Challenge

Registration deadline is
Monday, Feb. 16, 2026

To be eligible for the monthly raffle prize, you must attend the monthly weigh-in. When you weigh in each month, you will receive an entry into the monthly raffle. To earn an additional entry into the monthly raffle, you must work out on your own, attend any regular exercise class, or attend any 100 Days activity for a total of four activities per week.

A tracking sheet will be provided. You will be on the honor system with your tracking. Just mark your tracking sheet with all activity performed.

WEIGH-IN DATES

Feb. 15 - 9 a.m. to 7 p.m.	Feb. 16 - 9 a.m. to 9 p.m.
March 15 - 9 a.m. to 7 p.m.	March 16 - 9 a.m. to 9 p.m.
April 12 - 9 a.m. to 7 p.m.	April 13 - 9 a.m. to 9 p.m.
May 17 - 9 a.m. to 7 p.m.	May 18 - 9 a.m. to 9 p.m.

In order to be eligible for the Grand Prize, participants must attend one weigh-in per month. The winner will be determined by the most weight lost (as a percentage of their total body weight).

The winner will be announced no later than June 6, 2026. All decisions are final. In the event of a tie, a random drawing will determine the winner.

REGISTER THROUGH LIVONIAPARKS.ORG



Fitness Challenge Prizes

Monthly Raffle Prizes

Requirement: Make a weigh-in. Turn in an exercise tracker sheet and get an additional raffle ticket each month. Three names will be selected for each raffle.

February:	Ogio Sprint Lunch Cooler
March:	Carhartt Lunch Six-Can Cooler
April:	Ogio Sprint Backpack
May:	Carhartt Canvas Backpack

First through Fifth Place Prizes

Requirement: Make all four weigh-ins. The winner will be determined by the most weight lost as a percentage of their total body weight.

Grand Prize/1st Place:	Three-month single membership courtesy of the Kirksey Recreation Center Carhartt Foundry Backpack
2nd Place:	Carhartt 36-Can Cooler
3rd Place:	North Face Stalwart Backpack
4th Place:	Ogio Sprint 24-Pack Cooler
5th Place:	North Face Connector Backpack



15100 Hubbard St,
Livonia, MI 48154
(734) 466-2900

WEIGH-IN DATES

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March 15 - 9 a.m. to 7 p.m.	March 16 - 9 a.m. to 9 p.m.
April 12 - 9 a.m. to 7 p.m.	April 13 - 9 a.m. to 9 p.m.
May 17 - 9 a.m. to 7 p.m.	May 18 - 9 a.m. to 9 p.m.



FEBRUARY

Get informed.
Get Fit.
Get Healthy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 <ul style="list-style-type: none"> • Kick-Off Event • 9-11:30 a.m. • Weight Loss Challenge • Weigh-in, 9 a.m.-7 p.m. 	16 <ul style="list-style-type: none"> • Weight Loss Challenge Weigh-in, 9 a.m. to 9 p.m. • Break the Sugar Habit, 7 p.m. • Cardio Sculpt, 8 p.m. 	17 <ul style="list-style-type: none"> • Wellbeing 101 Wellness Seminar, 9:30 a.m. • Strength & Core, 11:30am • Relaxation Yoga, 6:30 p.m. 	18 <ul style="list-style-type: none"> • Pilates Basics, 9:30 a.m. • Fit After 50, 1 p.m. • Eating: Introductory Session Part 1, 6 p.m. 	19 <ul style="list-style-type: none"> • Female hormones, 10 a.m. • Tai Chi, 1 p.m. • Wellbeing 101 Wellness Seminar, 6:30 p.m. 	20 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Total Body Conditioning, 9 a.m. • Fit After 65, Noon • Kids Night Out, 6 p.m., FEE 	21 <ul style="list-style-type: none"> • Open Climb (Ages 6+) 3 p.m.
22	23 <ul style="list-style-type: none"> • Cancer: An Atypical Approach, 10 a.m. • Fit After 65, Noon • Pilates Basics, 7 p.m. 	24 <ul style="list-style-type: none"> • Positive Emotions Wellness Seminar, 9:30 a.m. • Bellydance Fitness, 5 p.m. • Total Body Conditioning, 7 p.m. 	25 <ul style="list-style-type: none"> • Slow Flow Yoga, 9:30 a.m. • SHiNE Fitness, 5 p.m. • Eating: Diet, Wellness and Business Part 2, 6 p.m. 	26 <ul style="list-style-type: none"> • Break the Sugar Habit, 10 a.m. • Yoga Flow, 5 p.m. • Positive Emotions Wellness Seminar, 6:30 p.m. 	27 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Mobility & Stretch, 9 a.m. • Aqua Zumba, 10:30 a.m. • Pilates Basics, 11:30 a.m. 	28 <ul style="list-style-type: none"> • Bellydance 8:30 a.m.



MARCH

Get informed.
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Get Healthy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 <ul style="list-style-type: none"> • Drum & Fun, 9:30 a.m. • Fit After 50, Noon • Slow Flow Yoga, 6 p.m. • Motivation & Weight Loss, 7 p.m. 	3 <ul style="list-style-type: none"> • Engagement Seminar, 9:30am • Fit & Core, 12:30 p.m. • Total Body Conditioning, 11:30am • SHiNE Fitness, 6:30 p.m. 	4 <ul style="list-style-type: none"> • Bellydance Fitness, 9:30 a.m. • Tai Chi, 1 p.m. • Eating: Balanced Nutrition Part 3, 6 p.m. 	5 <ul style="list-style-type: none"> • Female hormones, 10 a.m. • Fit After 65, 1 p.m. • Engagement Wellness Seminar, 6:30 p.m. 	6 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Break the Sugar Habit, 9 a.m. • Pilates Basics, 11:30 a.m. • Nerf Nights 5:30 p.m., FEE 	7 <ul style="list-style-type: none"> • Open Climb (Ages 6+) 3 p.m. 	
8	9 <ul style="list-style-type: none"> • Hula Fitness, 8:30 a.m. • Yoga Basics, 9:30 a.m. • Bellydance Fitness, 5 p.m. • Pilates Basics, 7 p.m. 	10 <ul style="list-style-type: none"> • Mobility & Stretch, 8 a.m. • Relationships Wellness Seminar, 9:30 a.m. • Strength & Core, 7 p.m. 	11 <ul style="list-style-type: none"> • Relaxation Yoga, 9:30 a.m. • SHiNE Fitness, 1 p.m. • Eating: Trust Your Body Food Choices, Part 4, 6 p.m. 	12 <ul style="list-style-type: none"> • Motivation & Weight Loss, 10 a.m. • Total Body Conditioning, 12:45 pm • Relationships Wellness Seminar, 6:30 p.m. 	13 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Total Body Conditioning, 9 a.m. • Aqua Zumba, 10:30 a.m. • Fit After 50, Noon 	14 <ul style="list-style-type: none"> • Bellydance Fitness, 8:30 a.m. 	
15 <ul style="list-style-type: none"> • Weight Loss Challenge Weigh-in, 9 a.m. to 7 p.m. 	16 <ul style="list-style-type: none"> • Weight Loss Challenge Weigh-in, 9 a.m. to 9 p.m. • Female hormones, 7 p.m. • Zumba, 8pm 	17 <ul style="list-style-type: none"> • Meaning Wellness Seminar, 9:30 a.m. • Hula Fitness, 12:30pm • Candle Light Yin Yoga, 6:30pm 	18 <ul style="list-style-type: none"> • SHiNE Fitness, 9:30 a.m. • Tai Chi, 1 p.m. • Eating: Food Access, Affordability, Part 5, 6 p.m. 	19 <ul style="list-style-type: none"> • Fit & Core, 11:30 a.m. • Yoga Basics, 5pm • Meaning Wellness Seminar, 6:30 p.m. 	20 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Strength & Core, 9 a.m. • Fit After 65, Noon • Kids Night Out, 6 p.m., FEE 	21 <ul style="list-style-type: none"> • Open Climb (Ages 6+) 3 p.m. 	
22 <ul style="list-style-type: none"> • Hoppin' Pool Party 4:30 p.m., FEE 	23 <ul style="list-style-type: none"> • Bellydance Fitness, 9:30 a.m. • Cancer: An Atypical Approach, 7 p.m. • Strength & Core, 8 p.m. 	24 <ul style="list-style-type: none"> • Accomplishment Wellness Seminar, 9:30 a.m. • Pilates Basics, 9:30 a.m. • Circuit Training, 7 p.m. 	25 <ul style="list-style-type: none"> • Pilates Basics, 9:30 a.m. • Hula Fitness, 5 p.m. • Eating: Collective Change, Part 6, 6 p.m. 	26 <ul style="list-style-type: none"> • Fit After 50, 1 p.m. • Accomplishment Wellness Seminar, 6:30 p.m. 	27 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Aqua Zumba, 10:30 a.m. • Pilates Basics, 11:30 a.m. 	28 <ul style="list-style-type: none"> • Bunny Brunch, 11 a.m., FEE 	
29	30 <ul style="list-style-type: none"> • Hula Fitness, 8:30 a.m. • Restorative Yoga, 9:30 a.m. • Fit After 65, Noon • Pilates Basics, 7 p.m. 	31 <ul style="list-style-type: none"> • Strength & Core, 8 a.m. • Cardio Sculpt, 11:30 a.m. • Belly Dance Fitness, 5 p.m. • Cardio Sculpt, 7:30 p.m. 					



APRIL

Get informed.
Get Fit.
Get Healthy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <ul style="list-style-type: none"> Zumba, 9:30 a.m. Tai Chi, 1 p.m. Bellydance Fitness, 6 p.m. 	2 <ul style="list-style-type: none"> Fit After 50, 1 p.m. Yoga Flow, 5 p.m. Zumba, 8 p.m. 	3 <ul style="list-style-type: none"> FREE Fridays at The Rec Fit & Core, 9 a.m. Pilates Basics, 11:30 a.m. 	4 <ul style="list-style-type: none"> Egg Hunt, 10 a.m.
5 <ul style="list-style-type: none"> EASTER: CENTER CLOSED 	6 <ul style="list-style-type: none"> Bellydance Fitness, 9:30 a.m. Fit After 65, Noon Bellydance Fitness, 5 p.m. Meditative Yoga, 7 p.m. 	7 <ul style="list-style-type: none"> Healthy Habits Wellness Seminar, 9:30 a.m. Strength & Core, 11:30am Fit & Core, 7 p.m. 	8 <ul style="list-style-type: none"> Slow Flow Yoga, 9:30 a.m. Tai Chi, 1 p.m. SHiNE Fitness, 6 p.m. 	9 <ul style="list-style-type: none"> Fit After 65, 1 p.m. Healthy Habits Wellness Seminar, 6:30 p.m. 	10 <ul style="list-style-type: none"> FREE Fridays at The Rec Aqua Zumba, 10:30 a.m. 	11 <ul style="list-style-type: none"> Open Climb (Ages 6+) 3 p.m.
12 <ul style="list-style-type: none"> Weight Loss Challenge Weigh-in, 9 a.m. to 7 p.m. 	13 <ul style="list-style-type: none"> Weight Loss Challenge Weigh-in, 9 a.m. to 9 p.m. Yoga Basics, 9:30 a.m. Pilates Basics, 7 p.m. 	14 <ul style="list-style-type: none"> Mobility & Stretch, 8 a.m. Hula Fitness, 1 p.m. Yoga Flow, 7:30 p.m. 	15 <ul style="list-style-type: none"> Bellydance Fitness, 9:30am Slow Flow Yoga, 11 a.m. Hula Fitness, 6 p.m. 	16 <ul style="list-style-type: none"> Strength & Core, 12:45 p.m. Yoga Basics, 5 p.m. SHiNE Fitness, 7 p.m. 	17 <ul style="list-style-type: none"> FREE Fridays at The Rec Pilates Basics, 11:30 a.m. Kids Night Out, 6 p.m., FEE 	18 <ul style="list-style-type: none"> Bellydance Fitness, 8:30 a.m.
19 <ul style="list-style-type: none"> Drum & Fun, 9:30 a.m. Restorative Yoga, 10:30 am Fit After 50, Noon Cardio Sculpt, 8 p.m. 	20 <ul style="list-style-type: none"> Drum & Fun, 9:30 a.m. Restorative Yoga, 10:30 am Fit After 50, Noon Cardio Sculpt, 8 p.m. 	21 <ul style="list-style-type: none"> Pilates Basics, 10:30 a.m. Yoga Basics, Noon Hula Fitness, 5 p.m. Total Body Conditioning, 7 p.m. 	22 <ul style="list-style-type: none"> Pilates Basics, 9:30 a.m. Relaxation Yoga, 11 a.m. SHiNE Fitness, 6 p.m. 	23 <ul style="list-style-type: none"> Total Body Conditioning, 11:30 a.m. Tai Chi, 1 p.m. Fit & Core, 8:00 p.m. 	24 <ul style="list-style-type: none"> FREE Fridays at The Rec Aqua Zumba, 10:30 a.m. Fit After 65, Noon 	25 <ul style="list-style-type: none"> Open Climb (Ages 6+) 3 p.m.
26 <ul style="list-style-type: none"> Hula Fitness, 8:30 a.m. Candle Light Vin Yoga, 9:30am Hula Fitness, 5 p.m. Pilates Basics, 7 p.m. 	27 <ul style="list-style-type: none"> Hula Fitness, 8:30 a.m. Candle Light Vin Yoga, 9:30am Hula Fitness, 5 p.m. Pilates Basics, 7 p.m. 	28 <ul style="list-style-type: none"> Circuit Training, 8 a.m. Fit & Core, 11:30 a.m. Relaxation Yoga, 6 p.m. Strength & Core, 7:30 p.m. 	29 <ul style="list-style-type: none"> SHiNE Fitness, 9:30 a.m. Fit After 65, 1 p.m. 	30 <ul style="list-style-type: none"> Mobility & Stretch, 12:45 p.m. Bellydance Fitness, 5 p.m. Zumba, 8 p.m. 		



MAY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Total Body Conditioning, 9 a.m. • Fit After 65, Noon 	2 <ul style="list-style-type: none"> • Open Climb (Ages 6+) 3 p.m.
3	4 <ul style="list-style-type: none"> • Restorative Yoga, 9:30 a.m. • Fit After 50, Noon • Meditative Yoga, 6 p.m. • Cardio Sculpt, 8 p.m. 	5 <ul style="list-style-type: none"> • Mobility & Stretch, 8 a.m. • Pilates Basics, 10:30 a.m. • Circuit Training, 7 p.m. 	6 <ul style="list-style-type: none"> • Meditative Yoga, 9:30 a.m. • SHiNE Fitness, 6 p.m. 	7 <ul style="list-style-type: none"> • Cardio Sculpt, 11:30 a.m. • Tai Chi, 1 p.m. • Fit & Core, 8 p.m. 	8 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Mobility & Stretch 9 a.m. • Pilates Basics, 11:30 a.m. 	9 <ul style="list-style-type: none"> • Open Climb (Ages 6+) 3 p.m.
10	11 <ul style="list-style-type: none"> • Bellydance Fitness, 8:30 am • Drum & Fun, 9:30 a.m. • Yoga Basics, Noon • Pilates Basics, 7 p.m. 	12 <ul style="list-style-type: none"> • Total Body Conditioning, 11:30 a.m. • Bellydance Fitness, 5 p.m. • Candle Light Vin Yoga, 6:30pm 	13 <ul style="list-style-type: none"> • Zumba, 9:30 a.m. • Slow Flow Yoga, 11 a.m. • Hula Fitness, 6 p.m. 	14 <ul style="list-style-type: none"> • Fit After 65, 1pm • Slow Flow Yoga, 5 p.m. 	15 <ul style="list-style-type: none"> • FREE Fridays at The Rec • Aqua Zumba, 10:30 a.m. 	16 <ul style="list-style-type: none"> • Bellydance Fitness, 8:30 a.m.
17 <ul style="list-style-type: none"> • Weight Loss Challenge Weigh-in, 9 a.m. to 7 p.m. 	18 <ul style="list-style-type: none"> • Weight Loss Challenge Weigh-in, 9 a.m. to 9 p.m. • Candle Light Vin Yoga, 9:30 a.m. • Zumba, 8 p.m. 	19 <ul style="list-style-type: none"> • Strength & Core, 8 a.m. • Relaxation Yoga, Noon • Strength & Core, 7 p.m. 	20 <ul style="list-style-type: none"> • Pilates Basics, 9:30 a.m. • Tai Chi, 1 p.m. • Bellydance Fitness, 6 p.m. 	21 <ul style="list-style-type: none"> • Fit & Core, 11:30 a.m. • Fit After 50, 1 p.m. • Total Body Conditioning, 8 p.m. 	22 <ul style="list-style-type: none"> • FREE Fridays at The Rec • FINAL DAY • Circuit Training, 9 a.m. 	23
24	25	26	27	28	29	30
31						



2026 Healthy Livonia's 100 Days to Health

Descriptions for all activities listed on the 100 Days to Health Calendar

Accomplishment- Week 6 Wellness Workshops Wellness Seminar – Learn strategies to pursue and achieve your goals for their own sake. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 24, 9:30 a.m. and Thursday, March 26, 6:30 p.m.

Aqua Zumba Workout (Leisure Pool) – Work out in an aquatic environment. High energy, lots of fun. All levels of fitness are welcome.

Beginner Yoga Workout – This class will emphasize classical yoga posture. Move at a pace to develop focus, strength and flexibility. All levels of fitness are welcome.

Bellydance Fitness Workout – This 45-minute class has an emphasis on burning calories while doing Middle Eastern style dance movement. Come raise your cardio while engaging in a beautiful Middle Eastern dance tradition! No previous experience necessary.

Break the Sugar (and pop) Habit! Nutrition Seminar – Are you a sugar addict? Do you love liquid sugar? It is addictive and has more than we might think. What can we do to break this habit? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi, owner and founder of Energetic Wellness Coaching, to break through to the other side of sugar addiction. DATES: Monday, Feb. 16, 7 p.m., Thursday, Feb. 26, 10 a.m. and Friday, March 6, 9 a.m.

Bunny Brunch Interactive/Children – Enjoy games and crafts along with a visit from the Easter Bunny! Lunch will be provided. Pre-registration required. Tickets are available beginning Feb. 14 at the Kirksey Recreation Center. **ADDITIONAL FEE: Resident: \$10/person, Non-resident: \$14/person.** DATE: Saturday, March 28, 11 a.m., Location – Livonia Senior Wellness Center

Cancer: An Atypical Approach Wellness Seminar – What does research say about what we can do to leverage protective behaviors, as well as the best approaches to support those going through it? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi, owner and founder of Energetic Wellness Coaching, as we dive in. DATES: Monday, Feb. 23, 10 a.m. and Monday, March 23, 7 p.m.

Candlelight Yin Yoga Workout – You'll be guided through postures with long holds designed to access deeper flexibility in both muscle and connective tissue. Allow the warm glow of the candlelight to help focus the mind inward, and enjoy transitions with soothing vibrations of the sound bowl. Please bring a blanket or towel.

Cardio Sculpt Workout – This 45-minute exercise class is designed to give you an action-packed 45 minutes of cardio drills and strength training. Class will consist of a variety of cardio drills and upper/lower body strength exercises utilizing a variety of fitness equipment.

Circuit Training Workout – This 45-minute exercise class is designed to help improve muscular strength and endurance using a variety of circuits. Class contains no choreography. Class will use a variety of fitness equipment, working the upper body, lower body, and core. Stretching is included at the end.

Drum & Fun Workout – This 45-minute high-energy workout combines rhythmic drumming with full body movement for a fun, calorie-burning fitness experience.

Eating Through the Confusion, Part 1: Introductory Session Nutrition Seminar – What if health wasn't something you had to figure out on your own? In this session, we'll explore how connection with ourselves, our communities and our values can support both personal and collective well-being. You're invited to bring curiosity, compassion and an open mind as we begin to rethink what health really means. We'll talk about why leaning on others and letting go of perfection are necessary for our health and wellbeing. This conversation will set the stage for the upcoming series focused on nutrition, intuitive eating, self-care and community care. This program is led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATES: Sunday, Feb. 15, 9:30 a.m. and Wednesday, Feb. 18, 6 p.m.

Eating Through the Confusion, Part 2: Diet Culture, Wellness Marketing and the Business of "Health" Nutrition Seminar – It's easy to feel confused by all the nutrition advice out there. Many food and health messages come from companies or individuals trying to sell something based on inaccurate claims. In this session, we'll explore how diet trends and wellness products can cause confusion or guilt around eating. You'll learn simple ways to check if a food trend or article is based on a credible source. You'll learn how to spot harmful messages and focus on what truly supports your health. This program is led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATE: Wednesday, Feb. 25, 6 p.m.

Eating Through Confusion, Part 3: What Does Balanced Nutrition Actually Mean? Nutrition Seminar – Healthy eating doesn't have to be perfect, strict or expensive. In this session, we'll go over what a balanced meal can look like and how to include all types of foods. We'll talk about how to eat in a way that supports your body and fits your life. You'll leave with easy, flexible ideas for meals and snacks. This program is led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATE: Wednesday, March 4, 6 p.m.

Eating Through Confusion, Part 4: Building Trust With your Body and Food Choices Nutrition Seminar – It's normal for eating habits to change over time. In this session, we'll talk about how to listen to your body's signals for hunger, fullness and energy. You'll learn how to move away from guilt and build a more relaxed, trusting relationship with food. We'll focus on small, achievable steps that work for your real life. This program is led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATE: Wednesday, March 11, 6 p.m.

Eating Through Confusion, Part 5: Food Access, Affordability and Community Health Nutrition Seminar – Not everyone has the same access to nutritious or affordable food. In this session, we'll look at how things like cost, location and transportation affect food choices. We'll share tips and resources for eating well in your community. We'll also talk about ways people are working together to improve local food options. Join Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATE: Wednesday, March 18, 6 p.m.

Eating Through Confusion, Part 6: Collective Change- From Individual Habits to Community Action Nutrition Seminar – Health is about more than just what we eat, its also impacted by environmental, economic and political factors. In this session, we'll talk about how communities can come together to foster connection and improve collective wellbeing. You'll learn ways to support change, whether that's through local programs or sharing knowledge with others. Healthy eating is not a solo project! We are all in this together. This program is led by Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog. DATE: Wednesday, March 25, 6 p.m.

Egg Hunt (Ages 10 and younger) Interactive/Children - Come out for the annual Egg Hunt and get a photo with the Easter Bunny! Pre-registration required. Register at the Kirksey Recreation Center. DATE: Saturday, April 4, 10 a.m. Location: Rotary Park, 32184 Six Mile Road, Livonia.

Engagement- Week 3 Wellness Workshops *Wellness Seminar* – Learn how to stay involved and deeply engaged in your activities. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 3, 9:30 a.m. and Thursday, March 5, 6:30 p.m.

Female Hormones: The Childbearing Years, Perimenopausal Disruptions and Healthy Living Beyond *Wellness Seminar* – What can women do to support their endocrine systems and live healthy at every stage? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi, owner and founder of Energetic Wellness Coaching, as we explore this area of female health! DATES: Thursday, Feb. 19, 10:00 a.m., Thursday, March 5, 10 a.m. & Monday, March 16, 7 p.m.

Fit after Fifty *Workout* – This 45-minute exercise class is designed for those ages 50+ who want to strength train. This class contains no choreography. The class will involve upper and lower body strength training. All levels of fitness are welcome.

Fit after Sixty-Five- Fall Prevention *Workout* – This 45-minute exercise class is designed for those ages 65+. The class will be centered around the unique needs of the active older adult who knows the importance of staying physically stable. Learn specific exercises that will decrease the risk of falling. Improve your stability. The class will focus on upper and lower body strength training. All levels of fitness are welcome.

Fit and Core *Workout* – This 45-minute exercise class puts the entire body to work. This class contains no choreography. Exercises performed in this class concentrate on the upper body, lower body, and core.

FREE Fridays at the Rec, 5 a.m. to 10 p.m. – Take advantage of open swim, open basketball courts, fitness hub workouts, tree fort use, open wall use, indoor track use (if available), etc., every Friday during the Healthy Livonia's 100 Days to Health! Must be enrolled in the Healthy Livonia's 100 Days to Health program.

Healthy Habits: Week 7 Wellness Workshops *Wellness Seminar* – Learn strategies for maintaining physical wellness and vitality. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, April 7, 9:30 a.m. and Thursday, April 9, 6:30 p.m.

Hoppin' Pool Party *Interactive/Children* – Come have a “Egg-citing time” in our leisure pool at the Kirksey Recreation Center as we have our first egg hunt in the pool while playing different games and activities. All participants must register to join. Anyone 13 and younger must have a paying adult accompany them. Additional registration required. **ADDITIONAL FEE: Member \$8, Resident \$12, Non-Resident \$16.** DATE: Sunday, March 22, 4:30 p.m.

Hula Fitness *Workout* – This class utilizes the foundational movement vocabulary found in the Hawaiian Hula and the Polynesian style dances. Build strength, stamina and burn calories, all while enjoying the rhythms and music these styles are known for.

Kids Night Out! (Ages 5-12) *Interactive/Children* – Parents, enjoy a night to yourselves while we provide food and entertainment for your children. Every third Friday of the month, your kids will have a blast swimming in the leisure pool, rock climbing, eating pizza and pop, playing games, and watching a movie. Pre-registration required. Register at the Kirksey Recreation Center front desk. Check-in begins at 5:45 p.m. **ADDITIONAL FEE: Member-\$17, Resident-\$22, Non-Resident-\$27.** DATES: Friday, Feb. 20, 6-10 p.m., Friday, March 20, 6-10 p.m. and Friday, April 17, 6-10 p.m.

Meaning: Week 5 Wellness Workshops Wellness Seminar – Learn ways to have your life feel more valuable and purposeful. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 17, 9:30 a.m. and Thursday, March 19, 6:30 p.m.

Meditative Yoga Workout – A slow meditative yoga class. Modifications of poses will be taught so all skill levels can get the most from each pose. Poses are held for 3-5 minutes, mostly done sitting or lying down on a mat and ending with a 5–10-minute guided meditation. A mat will be provided, or you may bring your own.

Mobility & Stretch Workout – Get limber and flexible! Stretching helps with injury prevention, mobility and blood flow.

Motivation and Weight Loss: Stacking Behaviors that Make a Difference Nutrition Seminar – Are you tired of being stuck? What are the tools that many use to successfully motivate themselves to lose weight? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi, as we explore practical and research-based tools that make a difference. Keri is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle* and *Quit Quitting* and is the founder of Energetic Wellness Coaching. DATES: Sunday, Feb. 15, 10:45 a.m., Monday, March 2, 7 p.m. and Thursday, March 12, 10:00 a.m.

Nerf Nights Interactive/Children – You bring your Nerf blasters, and we'll provide protective eye wear, team jerseys, nerf darts and obstacles. Teams will be split by our Nerf Nerds (referees), and they will coordinate different games during the hour. Please only bring Blasters that are compatible with blue and orange darts. Register at the Kirksey Recreation front desk. **ADDITIONAL FEE: Member \$5/date, Resident \$10/date, Non-Resident \$15/date.** DATE: Friday, March 6. Ages and Time for each date – Ages 5-7, 5:30-6:30 p.m., Ages 8-12, 6:45-7:45 p.m., Family 8-9 p.m.

Open Climb (Ages 6+) Workout/Children – For ages 6 to adult. Test your climbing skills on the climbing wall. Climb with the aid of your own belayer or a staff belayer will be available. First come, first serve basis.

Pilates Basics Workout – The focus of this Pilates class is to familiarize participants with Pilates mat work. You'll learn the difference between neutral spine and imprint, proper Pilates breathing, ribcage placement, neck placement and pelvic alignment. The exercises will build a base of strength and flexibility, creating a total body workout. All levels of fitness are welcome, including beginners. A mat will be provided, or you may bring your own.

Positive Emotions: Week 2 Wellness Workshops Wellness Seminar – In this session, we will discuss strategies to experience more positive feelings like joy, gratitude and serenity. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, Feb. 24, 9:30 a.m. and Thursday, Feb. 26, 6:30 p.m.

Relationships: Week 4 Wellness Workshops Wellness Seminar – Learn strategies to have more meaningful and supportive connections with others. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, March 10, 9:30 a.m. and Thursday, March 12, 6:30 p.m.

Relaxation Yoga Workout – This class will focus on comfortable poses designed to stretch the body and relax the mind. Great for unwinding after a long day or recovering from a workout.

SHiNE Fitness Workout – This 45-minute exercise class offers a full body workout with cardio and toning routines that feel like a dance party! SHiNE’s original choreography is founded in jazz, ballet, and hip hop. Class is designed to leave you feeling confident, capable, and strong.

Slow Flow Yoga Workout – A slow flow-style class that focuses on breath and body awareness. Poses are held for 5-10 breaths. Class will start with warmups on the mat, move through standing sequences and end with cool down stretches. A mat will be provided, or you may bring your own.

Tai Chi Workout – The slow and graceful movements are designed to help older adults strengthen their lower extremities, core muscles of the back and abdomen and improve balance which can reduce the likelihood of falling. This modified form primarily moves forward at 45-degree angles. All fitness levels are welcome. Classes instructed by Roy Marvel.

Total Body Conditioning Workout – This 45-minute exercise class is designed to help improve muscular strength and cardio endurance. This class contains no choreography. The class will use a variety of fitness equipment that will challenge your cardio conditioning, upper body, lower body, and core.

Weight Loss Fitness Challenge Weigh-ins – Weigh in each month, become eligible for monthly raffle prizes and become eligible for the grand prize: a three-month Single Adult Membership to the Kirksey Recreation Center!

Wellbeing 10: Week 1 Wellness Workshops Wellness Seminar – We will overview “PERMAH,” discuss the key elements that contribute to your wellbeing and provide practical strategies to cultivate a balanced and meaningful life. Seminar presented by Kirksey Recreation Center NASM certified personal trainer and NBC-HWC certified Wellcoach Nadene White. DATES: Tuesday, Feb. 17, 9:30 a.m. and Thursday, Feb. 19, 6:30 p.m.

Yoga Basics Workout – This class will emphasize foundational yoga postures that are practiced to align, strengthen and promote flexibility in the body. A mat will be provided, or you may bring your own mat.

Yoga Flow Workout – This class combines strength, flexibility and mental wellness by flowing through traditional yoga poses.

Zumba Workout – 45-minute Latin-inspired, dance fitness class incorporating Latin/international music and dance movements. The cardio-based dance movements are easy to follow & fun. Non-dancers and new exercisers will thrive in this non-intimidating party-like environment.