



PHYSICAL ACTIVITY LEADER, MELISSA BAXTER AND HER BODYFLOW CLASS



PAL Galore

Thank you for becoming a PAL and also for helping make Ottumwa, A City on the Move! This month activities have been great all thanks to you. We are seeing more people taking the initial step of becoming more active and attending regularly.

We encourage you to team up with another PAL or visit another PAL activity different than yours to see what Active Ottumwa has to offer. You can choose from walking, BodyFlow, strength training and Zumba©.

Next Month...

In July Active Ottumwa will continue to participate in Central Park Cinema events. The next movie will be Minions on July 9th. It's not too late to participate in the fun! This month, Active Ottumwa offered Yoga, Zumba©, hula hoops, hopscotch and jump rope before the movie, a big THANK YOU to Physical Activity Leaders Blaire Rupe and Lisa Richardson as well as to Katelyn Myers, Estefany Guido and Becky Bucklin...you all rocked!

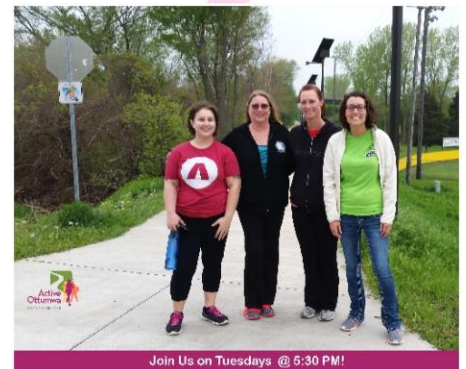
T-shirts Are In!

Great news, the Active Ottumwa t-shirts are in and you may pick them up from the office on Tuesday, Wednesday or Friday between 8AM – 4PM.



Zumba

This Zumba for beginners group is on fire! Physical Activity Leader, Elizabeth Luedtke leads this class on Wednesdays at 5PM at the Greater Ottumwa Park.



Brisk Walkers

Physical Activity Leader, Blaire Rupe leads her brisk walking group. Interested in joining? Meet at the Boxcar Memorial on Tuesdays at 6PM located next to the new tunnel.