

**We are here for YOU!**

We want to reach out to all our patrons within the Foothills community during this social isolation period to provide you with options to stay active, engaged and healthy. It is normal to begin feeling lonely, depressed, anxious and unhappy when our routines and social activities are interrupted, so now more than ever it's important to find outlets to raise our spirits along with our heart rates!



**Our Staff of Instructors & Trainers** have been working behind the scenes to put together some amazing classes that are variations of those you are used to taking in person with us. We hope these will be fun activities for you to utilize. We have also put together additional resources for you to take advantage of until our facilities and services re-open.

ENJOY & THANKS for being a part of the Foothills Community!

**District Updates:**

Click the Box below and Stay Informed with the most current details!



**Activities and Events to Participate in Right from Your Living Room!**

Check out the variety of fitness classes and resources available through Foothills and other reputable national resources—If you're interested in any of these, simply click on the pictures below each title for details.

**Foothills Fitness Classes AVAILABLE NOW ONLINE !!**

Participate with some of your favorite instructors in these pre-recorded class offerings—visit our [Facebook](#) or [Youtube](#) Foothills Fitness Pages, & stay tuned for LIVE STREAMED events to come!



• **Cornerstone Virtual Workouts**



• **SilverSneakers Quick At-Home 10min Cardio Class!**



• **MayoClinic—Stress Relief from Laughter**



Also, check out the [SilverSneakers Website](#) for Links to more classes and live events!

• **Virtual Vacations**



• **Info from the CDC on Corona Virus**



• **Eating Healthy in Isolation**



HOW ARE YOU DOING?



We really want to know! If you have a need or issue that you are currently unable to resolve, please let us know—as we are able, we are trying to help make connections and offer assistance for our patrons in need. Even if we can't fill the gap, we may have resources to send you in the right direction!