

JULY HEALTH & WELLNESS TOPICS

Wednesdays | 1:00-1:30 p.m. ET

July 6th **Summertime Soups**

People talk about how delicious and belly-warming soup is in the colder months of fall and winter, but these summer soup recipes prove that soup can be perfect any time of year! Summer soups are usually lighter and made with plenty of garden-fresh vegetables or fruits. Pair them with a salad full of leafy greens, or a cold sandwich, and you have a perfect summer meal. Join us for Summer Minestrone Soup and Spicy Watermelon Gazpacho.

July 13th **Frozen Treats**

I Scream, You Scream, we all scream for Nice Cream. Learn how to make healthy, refreshing, and delicious homemade frozen treats.

July 20th **Cooking Demo with Melons**

Melons pack a nutritional punch, loaded with Vitamin C, potassium, B vitamins and keep you hydrated! Learn how to incorporate melon into your summer meals!

July 27th **Summertime Smoothies with Berries**

Learn how to make refreshing, nutrient-packed drinks perfect for an easy breakfast or thirst-quenching snack.

Thursdays | 1:00-1:30 p.m. ET

Bootcamp

Drill the basics! Lunge, squat, sit ups, jumping jacks, and more! This class utilizes lighter to heavier weights to target major muscle groups as well as optional resistance bands. (Suggested weights range between 15, 10, 5, 3 lbs).

July 7th

July 14th

July 21st

July 28th