



Wellness Center Activities

Walking Track Membership

- Annual memberships are available through Mora Community Education
- Cost: \$25
- Hours: 5am-10pm, upper level walking track
- To apply for membership:
 - *Go online to:*
http://moraschools.org/district/community_education/firstlight_wellness_center_walking_track
 - *Print and fill out application forms; mail to:*
 - Mora High School District Office, 400 Maple Ave E, Mora, MN 55051
 - *Inquire in person at:* Mora High School District Office
 - For questions regarding membership, contact the Mora High School District Office at 320-679-6200, ext. 5500

Walk and Talk

Take a self-paced walk around the track, then join the interactive talk on various wellness topics. Occurs: 2nd and 4th Wednesdays of the month, 9:30am-walk time, 10:00am talk time.

Log Your Laps

Join the Log Your Laps program! Each time you are at the wellness center, record the number of laps you walk or run on a 'Log Your Laps' card. Once your card is full, drop it in the Walk Box for a chance to win a prize.

Fitness Classes

On demand Wellbeats™ fitness classes led by virtual instructors are offered throughout the week. Class schedule changes monthly.

Wellness Education Series

A variety of wellness classes will be offered on a quarterly basis.

On-The-Spot-Prevention

- Blood pressure checks are available by a member of the wellness team.
- Body composition to include: weight, body fat percentage, body mass index, muscle mass, visceral fat rating, and metabolic age are available by appointment through a member of the wellness team.

For more information on activities contact wellnesscenter@fl-hs.org.

Some classes or events may have a fee. Availability of services will vary.