

Mayor's Fitness Challenge Health and Wellness Resource Guide

This is a guide that provides more detailed information for the activities and offerings shared on the Mayor's Fitness Challenge calendars and bonus point opportunities with event information and holistic health opportunities lead by local health and wellness practitioners, community members, and the Mayor himself! These are (mostly) **FREE** opportunities for all Mayor's Fitness Challenge participants! All of these events count as points and bonus points you are looking to collect throughout the Challenge. PLEASE know that you are also encouraged to participate and/or organize your own or group physical activity and nutritional opportunities of your choice to earn points as well! All points for classes and events listed on calendar can be tracked under bonus points.

HAVE FUN!

Letter Carrier Food Drive (5/13)- Leave a bag of healthy donations on your mailbox and your postal carrier will collect it. These donations will go to the local food pantries in North Adams, Adams and Williamstown. Please see the list of healthy donations on the MFC website, www.berkshiremfc.com under resources-North Adams

Meditation North Adams - This is an all-levels group-led meditation session from someone looking to give meditation a try, to the experienced meditator and everyone in between. **Location:** All Saints Berkshires Episcopal Church, 59 Summer Street, North Adams. The group meets in the Parish Hall (to the right of the main church closest to the post office) on the 2nd floor in the Library at NOON on Saturdays. **For more information call:** [413-358-2626](tel:413-358-2626).

BNRC (Berkshire Natural Resource Council) Hike- Celebrate Berkshire Natural Resources Council's 50th Anniversary. Come capture the emergence of spring with a local artist and enjoy a hike. Difficulty: Easy (slow pace, moderate elevation changes). **Description:** Join BNRC staff and a local teacher and artist on this springtime adventure. We will hike to Sunset Rock with the options of exploring the ridge further. Clipboards, pencils and paper will be provided, and you are welcome to bring additional materials. Please bring your own camera. BNRC will provide refreshments at a good stopping place. **Contact Information:** www.bnrc.org/50 **Location:** Hoosac Range, North Adams, **Time:** 2:00pm-6:00pm More information on other BNRC hikes led in Berkshire County and the BNRC trails in Berkshire county on the MFC website.

Bay State Bike Week- Every May, Massachusetts residents and bike commuters come together to celebrate human-powered, two-wheeled transportation during Bay State Bike Week (BSBW). Visit: <http://www.baystatebikeweek.org/> for more information.

Fitness in the Park- Steve Rondeau, local and certified fitness instructor, will lead group exercises to build strength and endurance. For all levels. **Location:** Noel Field (track area and river bank)

SOMA Meditation- Meditation--for those who can't sit still (and anyone else), This class is for people who may have trouble sitting for meditation and who wish to experience the benefits of mindfulness. With eyes closed, we work with the breath and with simple, gentle movements in order to foster relaxation, a deeper sense of presence, and an overall feeling of well-being. Come feel the bliss. **Location:** SOMA (Eclipse Mill Artist Lofts, #407) RSVPs helpful. ****Free for the first two times you come.** Then 1/2 price for the duration of the challenge. **Contact Information:** Mieke Kohl at [413.626.2463](tel:413.626.2463) or soma.eclipse407@gmail.com

Mid Day Stretch Session w/Amanda: Amanda Chilson, local certified Yoga instructor, will lead a lunchtime movement session to loosen major joints and muscle and increase efficient mobility. This flow will increase flexibility, strength, and create efficiency in your functional and daily movements. A great way to break up day of sitting at the office. **Location:** Colegrove Park, North Church St (Park next to Carver Dental) **Contact Information:** achilson@nbccoalition.org or 663-7588

Minor's Combat- Youth Boxing Program for Youth 8-14, stop by to check it out and observe or bring a youth to try out a session for free. **Location:** Miner Combat Fitness, Union Station, 69 Union St. North Adams **Contact Information:** - Becky Miner-413-663-0225 or Caleb Miner-413-652-4563 **Website** <http://beckyminer.zumba.com/> **Facebook:** <https://www.facebook.com/MinerCombat/>

HIIT Fit- Taught by Andi Lampiasi, certified Insanity, P90x and bootcamp instructor, and a certified group fitness instructor, as well as an independent Team Beachbody Coach. Full Body workout including Cardio, core, strength training, and all around functional Fitness. Utilizing Dumbbells or bodyweight exercises, with modifications for all fitness levels. **Location-** Greenspace in center of Noel Field Walking Track **Contact Information-** coachandil@yahoo.com

SOMA Let's Dance! -Free style dance party for fun and exercise to a variety of uplifting, funky music. Judgement-free zone. No experience or partners necessary. **Location:** SOMA (Eclipse Mill Artist Lofts, #407) ****Free for the first two times you come.** Then 1/2 price for the duration of the challenge. **Contact Information:** Mieke Kohl at [413.626.2463](tel:413.626.2463) or soma.eclipse407@gmail.com

Core Strengthening- Strengthen, tone, and build endurance through the use of various exercise tools and a fitness routine that works for you taught by, Charlene Candiloro. **Location-**Berkshire Family YMCA, North Adams Branch. **Contact Information-** zoozoo_78@hotmail.com **Website:** <https://www.serenitycircles.com/> **Facebook:** <https://www.facebook.com/serenitycircles/>

Learn 6 Steps to Healthier Living Workshop- A wellness workshop for parents of young children. Childcare and Transportation can be provided. See flier under Resource tab on MFC website. **Location:** Child Care of the Berkshires Conference Room, 210 State Road, North Adams, MA. **Contact Information:** 413-664-4821

Lap Swim @ YMCA- MFC Participants can use their 10 class punch card to swim laps for free at the YMCA pool. Get a swim in before you start the workday. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

“You Can Get There From Here” nbCC (Northern Berkshire Community Coalition) Forum- Join a monthly community conversation around things/modes of transportation. See flier on MFC website under Resources for more information. **Location:** Colegrove Park (outside) **Contact Information:** Amanda Chilson, 413-663-7588 **Website:** <http://www.nbccoalition.org/monthly-forum-flyer.html> **Facebook:** <https://www.facebook.com/nbcccoalition/>

Trail Walk with Mayor- Mayor Alcombright will be leading a trail walk along the trails at Windsor Lake. **Location:** Meet in the Main parking lot at given time on calendar. **Contact Information-** 413-662-3000 or ralcombright@northadams-ma.gov

HOORWA Riverworks @Riverside Trail- This event displays creative artwork from a variety of seasoned and new emerging artists with live music, adjacent the beautiful Hoosic River. Artists will be responding to bike path, trail and design proposals for the area. **Location to Meet:** At Cole Field on the Williams College Campus near the soccer fields’ entrance by 10:00 a.m. **Contact Information:** Leader, John Case, 413-458-8023 or jocase@roadrunner.com for preregistration and information. **Website:** <http://hoorwa.org/>

Open Swim @YMCA- Bring the Family and play and swim in the water or use a lane and do some lap swimming. You can use your 10 free punch card. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

Women’s Boxing Class- Use your 10 free punch card for this class. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

Mom’s Night Out Yoga- Gentle Yoga and Relaxation with Amanda Chilson. Childcare and Transportation provided if needed. **Location:** Outside (weather permitting, inside if raining) The Family Center at Child Care of the Berkshires, 210 State Road, North Adams, MA. **Contact Information:** 413-664-4821 to register or for more information

Family Walk by Green River- A fun walk for families to go down to the river’s edge to explore the Hoosic and Green Rivers. Be ready for wet feet! **Location to Meet:** At the Linear Park playground off of Water Street by 3pm . **Website:** <http://hoorwa.org/>

NA Fitness w/Beth- Fitness Class taught by Beth Piantoni, all levels. *MFC participants will receive a 15% discount if they buy a punch card. **Location:** the Amsler Campus Center at MCLA, Second Floor in the Dance Complex. **Contact Information:** Beth Piantoni- (413) 652-4870 or nafitnesswithbeth@gmail.com **Facebook:** <https://www.facebook.com/nafitnesswithbeth/>

SOMA Drum Circle- Open to anyone, no experience necessary. Come join in the fun and exhilaration of playing with drums and other percussion. **Location:** SOMA (Eclipse Mill Artist Lofts, #407) ****Free to MFC participants. For information:** Mieke Kohl at [413.626.2463](tel:413.626.2463) or soma.eclipse407@gmail.com

Zumba- High energy, motivating, community driven class with proven results over 5 years. All levels welcome! ***This class is free to first time goers only!** **Location-** Miner Combat Fitness, Union Station, 69 Union St. North Adams, MA. **Contact Information-** Becky Miner, 413-663-0225 **Website** <http://beckyminer.zumba.com/> **Facebook:** <https://www.facebook.com/zumbaintheberkshires/>

Cycling/Yoga YMCA- Use your 10 free punch card for this class. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

Healthy Cooking for Busy Families Workshop- Learn healthy meals to cook for your family when you are short on time. Mary DiGioia, Nutrition Coordinator from the Food Bank of Western MA, will lead this workshop. **Location:** UNO Community Center 157 River St. North Adams, MA. **Contact Information:** Amanda Chilson-413-663-7588

Group Quits Class- Have you ever thought about quitting smoking? If so take part in this free Tobacco-free Trial. Explore your options with a tobacco treatment specialist. If you can't make these classes and would still like to explore the opportunities to quit tobacco, call Maria Ahlin to set up appointment one on one. **Location:** BMC North, main building, 2nd floor conference room, 71 Hospital Dr., North Adams. **Contact Information:** Maria Ahlin, Tobacco Treatment Specialist, 664-5057 or Mahlin@bhs1.org

Cycling YMCA- Cycling is a cardiovascular, aggressive workout on stationary bikes. Please be 5 minutes early for your first class to be fitted to you bike. Please bring a water bottle. Padded bike shorts are recommended for your comfort. All experience levels are welcome! Use your 10 free punch card for this class. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

Harmon Pond Hike- A gently rolling walk around Harmon Pond. Woodland and wetland environments. **Location to Meet:** At Margaret Lindley Park off Route 7 at 10:00 a.m. **Contact Information:** Hike Leader: John Case, 413-458-8023 or jocase@roadrunner.com for preregistration or more information. **Website:** <http://hoorwa.org/>

MFC Healthy Dining (HD) Week (6/5- 6/11) Please dine at one of the MFC Healthy Dining Food Establishments for meals that include fruits, vegetables and smaller portion sizes.

- Freight Yard Pub
- Grazie
- Lickety Split
- Wild Oats
- Brewhaha

- Ramuntos Pizza
- Please check the MFC Facebook page for more options and offerings

Intro to Strength & Training @BK- An introduction to strength training focusing on injury prevention and lifelong gains, taught by Evan Webb and Erin Merrigan, owners and instructors of Berkshire Kettlebells. **Location:** Berkshire Kettlebells (BK)-150 American Legion Dr. North Adams, MA **Website:** <http://www.berkshirekettlebells.com> **Facebook:** <https://www.facebook.com/BerkshireKettlebells/>

Mixer @ BeFitCo- A fun event at BeFitCO **Location:** 16 Water St., Williamstown, MA 01267 **Contact Information:** 413-458-1618 **Website:** <https://befitcompany.com/> **Facebook:** <https://www.facebook.com/BerkshireFitnessCo/>

Miner Combat- Co-ed cardio intense, strength building class. Build muscle, reduce body fat and improve your health. This class will challenge you but you'll also be able to work at your pace! Please bring boxing gloves size appropriate for your body weight and a jump rope if you have one. **Location:** Miner Combat Fitness, Union Station, 69 Union St. North Adams **Contact Information:** - Caleb Miner-413-652-4563 **Website** <http://beckyminer.zumba.com/> **Facebook:** <https://www.facebook.com/MinerCombat/>

NAFM Opening Day- North Adams Farmers Market Opening Day. Join local farmers, vendors and musicians to celebrate the opening day of the farmers' market season. Market accepts Credit/Debit, WIC, SNAP and Senior Coupons. **Location:** St. Anthony's Municipal Parking Lot, 10 Saint Anthony's Drive, North Adams **Facebook-** <https://www.facebook.com/NorthAdamsFarmersMarket/>

Fitness in a Crunch Workshop- Learn different exercises to while at work, home or other places when you do not have a lot of time to set aside for a lengthy exercise routine. Amanda Chilson and other local fitness instructors will lead this workshop. **Location:** UNO Community Center, 157 River St. North Adams **Contact Information:** Amanda Chilson, 413-663-7588 or achilson@nbccoalition.org.

Intro to Fitness: Join North Adams Yoga owner and instructor, Deb Raber for a fresh take on what it means to live a 'healthy lifestyle': it's about doing what is best for you and doing it often. Deb will offer suggestions to help start and maintain a fitness program that you can use at any stage of life and experience a short workout with her. Come see why Fitness classes at North Adams Yoga are different. Limited to 10 participants. **Location:** North Adams Yoga, 26 Holden St. North Adams **Contact Information:** (413) 662-9073 or contact@northadamsyoga.com to register in advance **Website:** www.northadamsyoga.com **Facebook:** <https://www.facebook.com/northadamsyoga/>

Women's Cardio Boxing @YMCA- Women's Cardio Boxing is a women's only cardio boxing class. This class is taught in intervals combining boxing drills with body weight exercises to strengthen your whole body. All levels are welcome. Use your 10 free punch card for this class. **Location:** Berkshire Family YMCA, Northern Berkshire Branch, 22 Brickyard Court, North Adams MA. **Contact Information:** 413-663-6529 **Website:** <http://www.berkshirefamilyymca.org/northernberkshire/> **Facebook:** <https://www.facebook.com/NorthernBerkshireYMCA/>

Zen Tree Wellness- Jumpstart to Wellness Workshop given by Nicole Anagnos, Integrative Nutritional Health Coach and owner of Zen Tree Wellness. MFC participants will also get a special price for the 5-

week jumpstart program Nicole offers. **Location of workshop:** Northern Berkshire Community Coalition, 61 Main St. Suite 213, North Adams. **Contact Information:** Nicole Anagnos- 413-884-4537 **Website:** <http://zentreewellness.com/> **Facebook:** <https://www.facebook.com/ZenTreeWellness/>

ChicBoxing Meet and Greet- Join Becky Miner for the last 15 minutes of ChicBoxing to observe, then ask questions after the class. **Location-** Miner Combat Fitness, Union Station, 69 Union St. North Adams, MA. **Contact Information-** Becky Miner, 413-663-0225 **Website** <http://beckyminer.zumba.com/> **Facebook:** <https://www.facebook.com/zumbaintheberkshires/>

Down Street Art (DSA)- Walk around Downtown North Adams to explore a wide program of visual and performing art events, including exhibitions, video screenings and site-specific installation. All DSA galleries and the venues stay open late along with stores, restaurants and businesses with specials. DSA is presented by MCLA's Berkshire Cultural Resource Center. **Location and Contact Information-** 51 Main St. North Adams, MA. 413-663-5253 **Website-** <http://www.downstreetart.org/> **Facebook-** <https://www.facebook.com/DownstreetArt/>

Intro to Yoga @NA Yoga- New to yoga and not sure what to expect? Tried a few classes and having questions? Join North Adams Yoga owner and instructor Devin Kibbe for an introduction to yoga. It's great for beginners and anyone who feels they need more modifications for their body. We will discuss tips and tricks for a more enjoyable yoga class and practice a short 45 minute session for stretching and relaxation. First come, first served. **Location:** North Adams Yoga, 26 Holden St. North Adams **Contact Information:** (413) 662-9073 or contact@northadamsyoga.com **Website:** www.northadamsyoga.com **Facebook:** <https://www.facebook.com/northadamsyoga/>

Thank you to those that donated time and space to bring the community together around healthy choices!

