

LIVE WELL CLOVER PRESENTS

NEW YEAR, NEW YOU



**LET US HELP YOU JUMP START YOUR 2016 RESOLUTIONS
WITH A VARIETY OF CLASSES**

NEW YEAR NEW YOU YOGA SERIES *January 5 6:30PM-7:30PM Clover Community Center

New to Yoga? Join us on a 6-week yoga experience where a safe, comfortable, friendly, non-competitive environment has been created for you to explore this thing called Yoga. **Two classes per week for 6 weeks - \$96 per person.**

**Registration and pre-payment required for Yoga Series. Yoga 6-week series will be held on TUESDAYS & THURSDAYS from January 5 through February 11, 2016, from 6:30pm-7:30pm. Minimum class size of 6 people in order to offer this class. No refunds unless the series is cancelled.*

LUNCHTIME TRAIL WALK *January 6 12:30PM-1:30PM Blue Eagle Academy

Join Live Well Clover for a lunchtime walk at the walking trail at Blue Eagle Academy. Let's get the heart pumping!

**Walking group will meet Wednesdays beginning January 6 through February 10, weather permitting.*

ELVIS ROCKIN' ZUMBA PARTY January 8 7PM-9PM Blue Eagle Academy

Come ZUMBA with Live Well Clover as we Shake, Rattle & Roll and burn some calories! We will also be celebrating the birthday of the King of Rock & Roll - Elvis Presley. **FREE** entry but will be accepting cash and food donations for Clover Area Assistance Center.

WHAT IS EMOTIONAL INTELLIGENCE January 25 6:30PM-7:30PM Clover Community Center

Expressing your emotions is crucial not only in the workplace but in everyday life. Join us for an interactive seminar about Emotional Intelligence and the ability to understand, interpret and respond to the emotions of others as well as how to manage your own emotions; to help relieve stress, defuse conflict and become a better communicator.

LIVE WELL CLOVER IS A VOLUNTEER BASED EFFORT AIMED AT GROWING A HEALTHY AND ACTIVE CLOVER COMMUNITY.

To register for any of the classes listed above, contact Amy Gonzalez at **803 222 9493** or via email at agonzalez@cloversc.org.

Visit our website for more information www.cloversc.org or find us on Facebook under Town of Clover.



Participation in New Year, New You classes and events is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. The Town of Clover, Synergy Yoga, Clover School District, YMCA and other event sponsors, their employees and volunteers are not liable for injuries sustained during participation in a Live Well Clover sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation.