



**FREE for
ALL Ages
ALL Abilities**

SUMMER SHOW UP EVENTS

DATE	TIME	TOWN	EVENT	LEADER	LOCATION	ADDRESS
Tues. June 6	6:30 PM	St. Albans	HIIT (45 Minutes)	Jessica Wetherby	Duke's	18 Swanton Rd, St .Albans
Sat. June 10	9:30 AM	St. Albans	Yoga	Marietta Scholten	Taylor Park	36 North Main St, St. Albans
Tues. June 13	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Tues. June 13	6:30 PM	Enosburg	STRONG by Zumba	Jan Sweet	Enosburgh Opera House	123 Depot St., Enosburg Falls
Tues. June 13	5:00 PM	Swanton	Cooking	Nicole Draper	Swanton Library	1 1st St, Swanton
Thurs. June 15	6:00 PM	St. Albans	3K/5K/Kids 1K	St. Albans Rec Staff	Hard'ack	179 Congress St, St. Albans
Sat. June 17	9:30 AM	St. Albans	Yoga	Jennifer Quilliam	Taylor Park	36 North Main St, St. Albans
Mon. June 19	5:45 PM	Swanton	Running Clinic	Chrystal Hutchins	New Beginnings	56 Merchants Row, Swanton
Tues. June 20	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Sat. June 24	9:30 AM	St. Albans	Yoga	Jane Lanza	Taylor Park	36 North Main St, St. Albans
Mon. June 26	5:30 PM	St. Albans	Aqua Fit	St. Albans Rec Staff	City Pool	99 Aldis St, St. Albans
Tues. June 27	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Sat. July 8	8:00 AM	St. Albans	Hike to Sterling Pond	Jessica Wetherby	Meet at Duke's	18 Swanton Rd, St .Albans
Tues. July 11	5:00 PM	Swanton	Cooking	Nicole Draper	Swanton Library	1 1st St, St. Albans
Tues. July 11	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Thurs. July 13	6:30 PM	Enosburg	Zumba	Jan Sweet	St. Johns Baptist Church	62 Missisquoi St, Enosburg Falls
Thurs. July 13	6:00 PM	Swanton	Basic Biking Workshop	Local Motion/Rise	Village Complex	120 1st St, Swanton
Fri. July 14	12:00	St. Albans	Yoga	Christine Convard	St. Albans City Hall	100 N. Main St, St. Albans
Tues. July 18	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Thurs. July 20	6:30 PM	Enosburg	Yoga	Mary Tryhorne	Lincoln Park	Main St, Enosburg
Sat. July 22	9:15 AM	Swanton	HIIT	Chrystal Hutchins	New Beginnings	56 Merchants Row, Swanton
Tues. July 25	5:30 PM	St. Albans	Walk and Talk with NMC Provider	NMC Medical Staff	Collins Perley Track	890 Fairfax Rd, St. Albans
Thurs. July 27	6:30 PM	Enosburg	Yoga	Mary Tryhorne	Lincoln Park	Main St, Enosburg
Thurs. July 27	6:00 PM	Swanton	Biking with Your Family	Local Motion/Rise	Village Complex	120 1st St, Swanton
Sat. July 29	9:00 AM	St. Albans	Family Bike Ride	Franklin County Mountain Bike Club	Rail Trail	17 Swanton Rd, St. Albans
Thurs. August 3	6:30 PM	Enosburg	Yoga	Mary Tryhorne	Enosburg Park	Main St, Enosburg

Check out "Events" at www.facebook.com/RiseVT for more details