

BIKE CAMPS

We want to make sure your kids know how to ride the roads of Mitchell County safely whether it is for fun, to the pool, or to school next year!

**\$25/participant or
FREE on a family membership!**

Have an individual membership but want your kids to have access for the summer? Upgrade to a family membership for June and July for just \$44!

*Choose the one
that works best
for your summer
schedule!*

**June 25th
July 16th
August 6th**

Age: 7/8 -8:30am-10:30am
Age: 9+ - 11-Noon

Sign up on the NCK Wellness Center app or by calling 738-3995 7:30am-1pm or 3:30-6:30pm!

Bike Across Kansas

We are working with Bike Across Kansas & Blue Hills Bikes to bring you the NCK Wellness Center BAK!

Ride 559 miles between now and August 15th!

Sign up at Wellness Center front desk or on the App! Includes Discounts at Blue Hills Bikes and other goodies!

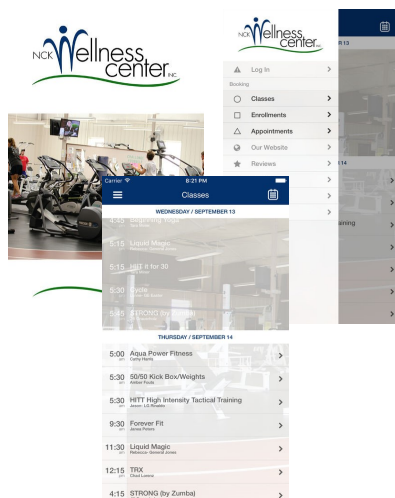
Report miles to Chad at chad@nckwellness.com

John with Blue Hills Bikes of Osborne, KS will join us June 4th 3-7pm with some of his bikes and gear!

Download OUR App!!!

Want to know where the next Group Exercise schedule is? You have access to these classes with your membership at no extra charge!

Download the App to your Apple or Android Device by **searching for NCK Wellness Center!**



Personal Training Spotlight

**Jill Grauerholz
NETA Certified Personal Trainer**

Let Jill help you get the most out of your membership or design a program for you to do outside of the Wellness Center!

**Personal Training
Partner Training
Small Group Training
Group Exercise**

For more information on the classes and programs that Jill offers, download the NCK Wellness Center app, visit nckwellness.com, contact NCK Wellness Center, Inc. at 785-738-3995 or feel free to text or call Jill directly at 785-738-7107.

