

MIDLAND HEALTH

TWENTY-SEVENTEEN  
WELLNESS  
TOUR

.....  
WED, AUG 16 – SAT, AUG 19 | MIDLAND, TX



Mockingbird Ln.  
Holiday Hill Rd.  
Midland Dr.

Briarwood

Loop 250

Wadley Ave.

C.J. Kelly Park  
CycleBar Midland

Fresh Fit Meals Midland  
Pure Barre Midland

Midland Memorial West Campus

West Texas Food Bank

Midland Health Department

Thomason Dr.

Brew St. Bakery

Chipotle

Orangetheory Fitness

Curves

Strawberry Fields Cafe

Lacy J Pilates & Fitness

Define Body & Mind

Midland Yoga Works

Midland College, Carrasco Room

Hogan's Dog Park

Sibley Nature Center

Grafa Park

Fasken Park

Midland YMCA

Living 360 Organics

Coleman Clinic

Midland Memorial Hospital

Loop 250

Big Spring Ave.

Lamesa Rd.

Garfield Ave.

Andrews Hwy.

Wall St.

Front St.

Big Spring Ave.

Front St.

Fairgrounds Rd.

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← ODESSA 191

# WEDNESDAY 8/16

- 1** **During Business Hours | Free One-Day Workout Pass**  
Heroes Gym | 4400 Midland Dr, #2001  
Stop by to work out, or pick up your free one-day workout pass.
- 2** **5:00AM–9:00PM | Orangetheory Workout Blast**  
Orangetheory Fitness | 4410 N Midkiff Road, Ste B1  
Enjoy a free hour-long, scientifically backed full-body workout with trainers! Please note that 5:00AM/6:00AM classes and 5:30PM/6:45PM classes have a 36-person limit. All other classes have a 24-person limit.
- 3** **5:30AM–12:30PM or 3:30PM–6:30 PM | Strength Training Festival**  
Curves | 3001 W Loop 250 N, Ste C117  
Curves invites you to a strength training festival designed for women. Enjoy a free 30-minute class or workout that combines strength training with cardio activity and stretching.
- 4** **6:30AM | Free CycleBar Class**  
CycleBar Midland | 3415 N Loop 250 W, #502  
Enjoy a free 50-minute cycling class of strength, endurance, hills, and drills—all customized to a fun playlist and mood lighting. Clip-in shoes and a water bottle are provided. Space is limited, so reserve your spot at [midland.cyclebar.com](http://midland.cyclebar.com) and use promo code: MMHWT17.
- 5** **6:30AM–11:00AM | Breakfast at Brew St.**  
Brew St. Bakery | 4610 N Garfield St, Ste D-1A (Next to Jason's Deli!)  
Enjoy one of our many offers for breakfast at Brew Street! Buy an oatmeal and receive half off a drink of your choice, or buy one frittata and get another free. Or, if you buy a smoothie, get a free boost!
- 6** **7:00AM–7:00PM | Go Plant-Based AND Organic**  
Strawberry Fields Cafe | 2311 W Wadley Ave  
Stop by Strawberry Fields Cafe for fresh, plant-based, and organic meals. Let us know that you're with the Wellness Tour for a 20% discount on food and drinks.
- 7** **7:00AM–9:00PM | Food for Life with Fresh Fit Meals!**  
Fresh Fit Meals Midland | 5210 Wadley Ave  
Come join us at Fresh Fit Meals for 20% off our meals and smoothies: food to fuel your life!
- 8** **8:30AM or 9:45AM | Free Fitness Class with Define Body & Mind**  
Define Body & Mind | 2101 W Wadley Ave, Ste 11  
Join us for a mid-morning fitness class to help you get in touch with your body and mind.

- 9** **8:45AM, 11:45AM, 4:30PM, or 6:00PM | BODYPUMP Fitness Class**  
Midland YMCA | 800 N Big Spring St  
Enjoy a free BODYPUMP class—the original Les Mills™ barbell class that strengthens and tones your entire body. This class involves resistance training with light loads and high repetitions.
- 10** **10:00AM–12:00PM & 2:00PM–4:00PM | Free Blood Pressure and Blood Glucose Screenings**  
Coleman Clinic | 801 E Florida  
Visit our clinic for a free blood pressure and blood glucose screening. Know where you stand, and take charge of your health today!
- 11** **10:45AM–10:00PM | Buy One, Get One Free at Chipotle!**  
Chipotle | 2820 W Loop 250 N, Ste 210  
Stop by Chipotle, tell us you're with the Wellness Tour, and receive a buy one, get one free coupon!
- 12** **1:00PM–4:00PM | The Myth of Cheap Food**  
West Texas Food Bank | 1601 Westcliff Dr  
Take a tour of the new West Texas Food Bank, watch a healthy cooking demo, and grab some free swag. Kiddos are invited to play on the playground!
- 13** **4:00PM–7:00PM | Wet 'n Wild with the Midland Fire Department**  
C.J. Kelly Park | 5500 League Dr  
Cool off with a variety of water activities and boot camp exercises from local firefighters.

# THURSDAY 8/17

- 14** **During Business Hours | Free One-Day Workout Pass**  
Heroes Gym | 4400 Midland Dr, #2001  
Stop by to work out or pick up your free one-day workout pass.
- 15** **5:00AM–9:00PM | Orangetheory Workout Blast**  
Orangetheory Fitness | 4410 N Midkiff Rd, Ste B1  
Enjoy a free hour-long, scientifically backed full-body workout with trainers! Please note that 5:00AM/6:00AM classes and 5:30PM/6:45PM classes have a 36-person limit. All other classes have a 24-person limit.
- 16** **5:30AM–12:30PM or 3:30PM–6:30PM | Strength Training Festival**  
Curves | 3001 W Loop 250 N, Ste C117  
Curves invites you to a strength training festival designed for women. Enjoy a free 30-minute class or workout that combines strength training with cardio activity and stretching.
- 17** **6:30AM–11:00AM | Breakfast at Brew St.**  
Brew St. Bakery | 4610 N Garfield St, Ste D-1A (Next to Jason's Deli!)  
Enjoy one of our many offers for breakfast at Brew Street! Buy an oatmeal, and receive half off a drink of your choice, or buy one frittata, and get another free. Or, if you buy a smoothie, get a free boost!
- 18** **7:00AM–7:00PM | Go Plant-Based AND Organic**  
Strawberry Fields Cafe | 2311 W Wadley Ave  
Stop by Strawberry Fields Cafe for fresh, plant-based, and organic meals. Let us know that you're with the Wellness Tour for a 20% discount on food and drinks.
- 19** **7:00AM–9:00PM | Food for Life with Fresh Fit Meals!**  
Fresh Fit Meals Midland | 5210 Wadley Ave  
Join us at Fresh Fit Meals for 20% off our meals and smoothies: food to fuel your life!
- 20** **8:00AM–5:00PM | Back-to-School Immunizations**  
Midland Health Department | 3303 W Illinois Ave  
Learn more about which immunizations are needed by what age to help your children stay healthy as they grow big and strong. Immunizations will be given on a first-come, first-served basis to those who qualify.
- 21** **8:45AM or 5:30PM | BODYCOMBAT Fitness Class**  
Midland YMCA | 800 N Big Spring St  
Enjoy a free BODYCOMBAT class—a cardio workout where you are totally unleashed! This program is inspired by martial arts like boxing, karate, taekwondo and Muay Thai. The driving music will let you punch and kick your way to superior fitness.

- 22** **9:00AM–1:00PM | Lighting the Way for Health**  
Midland Memorial Hospital | *Front Lobby & The Market Hallway, 1st Floor*  
Discover fun and easy ways you and your family can be healthier and live longer. Free health screenings and important health information and education will be provided by various hospital departments and local organizations.
- 23** **10:45AM–10:00PM | Buy One, Get One Free at Chipotle!**  
Chipotle | 2820 W Loop 250 N, Ste 210  
Stop by Chipotle, tell us you're with the Wellness Tour, and receive a buy one, get one free coupon for our restaurant!
- 24** **11:00AM–1:00PM | Get Plant Strong with Healthy Lunch Options**  
Midland Memorial Hospital | *The Market*  
Stop by the Midland Memorial Hospital Market (cafeteria) to sample some of our new plant-based meal options.
- 25** **6:45PM | Free CycleBar Class**  
CycleBar Midland | 3415 N Loop 250 W, #502  
Enjoy a free 50-minute cycling class of strength, endurance, hills, and drills—all customized to a fun playlist and mood lighting. Clip-in shoes and a water bottle are provided. Space is limited so reserve your spot at [midland.cyclebar.com](http://midland.cyclebar.com) and use promo code: MMHWT17.
- 26** **7:00PM | Forks Over Knives Private Film Screening**  
Midland College, Carrasco Room | 3600 N Garfield St  
Make the first step toward taking charge of your health by learning about the benefits of a plant-based diet at our Forks Over Knives Film Screening!

# FRIDAY 8/18

- 27 During Business Hours | Free One-Day Workout Pass**  
Heroes Gym | 4400 Midland Dr, #2001  
Stop by to work out or pick up your free one-day workout pass.
- 28 5:00AM–8:00PM | Orangetheory Workout Blast**  
Orangetheory Fitness | 4410 N Midkiff Rd, Ste B1  
Enjoy a free hour-long, scientifically backed full-body workout with trainers! Please note that 5:00AM/6:00AM classes and 5:30PM/6:45PM classes have a 36-person limit. All other classes have a 24-person limit.
- 29 5:30AM–12:00PM | Fun & Free Fitness Classes**  
Lacy J Pilates & Fitness | 3211 W Wadley, Ste 13  
Join us on Friday and Saturday for a variety of free classes including yoga, Pilates and more!
- 30 5:30AM–12:30PM or 3:30PM–6:30PM | Strength Training Festival**  
Curves | 3001 W Loop 250 N, Ste C117  
Curves invites you to a strength training festival designed for women. Enjoy a free 30-minute class or workout that combines strength training with cardio activity and stretching.
- 31 6:30AM–11:00AM | Breakfast at Brew St.**  
Brew St. Bakery | 4610 N Garfield St, Ste D-1A (Next to Jason's Deli!)  
Enjoy one of our many offers for breakfast at Brew Street! Buy an oatmeal, and receive half off a drink of your choice, or buy one frittata, and get another free. Or, if you buy a smoothie, get a free boost!
- 32 7:00AM–7:00PM | Go Plant-Based AND Organic**  
Strawberry Fields Cafe | 2311 W Wadley Ave  
Stop by the Strawberry Fields Cafe for fresh, plant-based, and organic meals. Let us know that you're with the Wellness Tour for a 20% discount on food and drinks.
- 33 7:00AM–9:00PM | Food for Life with Fresh Fit Meals!**  
Fresh Fit Meals Midland | 5210 Wadley Ave  
Come join us at Fresh Fit Meals for 20% off our meals and smoothies: food to fuel your life!
- 34 8:30AM, 11:45AM, 5:30PM | Beginner, Intermediate, and Bikram Hot Yoga Classes** | Midland Yoga Works | 2101 W Wadley Ave, #25  
Get in tune with your body by taking a free yoga class. Three different classes are being offered, so there's something for everyone. Beginner Iyengar class at 8:30AM, intermediate Vinyasa flow class at 11:45AM and Bikram hot yoga at 5:30PM. All of the classes are sure to make you sweat!

- 35 10:45AM–10:00PM | Buy One, Get One Free at Chipotle!**  
Chipotle | 2820 W Loop 250 N, Ste 210  
Stop by Chipotle, tell us you're with the Wellness Tour, and receive a buy one, get one free coupon!
- 36 11:45AM or 5:30PM | Yoga for Beginners**  
Midland YMCA | 800 N Big Spring St  
Enjoy a free yoga class that uses moves from Hatha and Vinyasa yoga disciplines to develop balance, strength and flexibility for better health, fitness and stress relief.
- 37 5:30PM | Zumba Fitness Class**  
Midland YMCA | 800 N Big Spring St  
Join us for a free one-hour Zumba class—the original dance fitness party! Forget the workout and lose yourself in the music. Classes feature a mix of international rhythms and styles to let you dance your way to a fitter, healthier you!
- 38 7:00PM | Bubble Soccer and Movie in the Park**  
Fasken Park | 2301 Humble Ave  
Bring the whole family and join us for bubble soccer, food vendors, fitness tests and a movie in the park (*Sing*). Don't forget to bring a blanket and chairs, too! Movie starts at dusk.
- 39 7:30PM–8:30PM | Raise the Barre to Wellness**  
Pure Barre Midland | 3208 N Loop 250 W, #200  
Experience a free 55-minute Pure Barre class. Get a total body workout that lifts, tones, and burns your entire body! The Pure Barre technique is low impact, protecting your joints by avoiding any bouncing or jumping. Grab your sticky socks and get ready to shake! Drinks and light bites will be offered following the class. To reserve your spot for this class, please email [midland@purebarre.com](mailto:midland@purebarre.com) or text 432.214.7323.

## SATURDAY 8/19

- 40** **During Business Hours | Free One-Day Workout Pass**  
Heroes Gym | 4400 Midland Dr, #2001  
Stop by to work out or pick up your free one-day workout pass.
- 41** **7:00AM–1:30PM | Orangetheory Workout Blast**  
Orangetheory Fitness | 4410 N Midkiff Rd, Ste B1  
Enjoy a free hour-long, scientifically backed full-body workout with trainers! Please note that 5:00AM/6:00AM classes and 5:30PM/6:45PM classes have a 36-person limit. All other classes have a 24-person limit.
- 42** **6:30AM–11:00AM | Breakfast at Brew St.**  
Brew St. Bakery | 4610 N Garfield St, Ste D-1A (Next to Jason's Deli!)  
Enjoy one of our many offers for breakfast at Brew Street! Buy an oatmeal, and receive half off a drink of your choice, or buy one frittata, and get another free. Or, if you buy a smoothie, get a free boost!
- 43** **7:00AM–7:00PM | Go Plant-Based AND Organic**  
Strawberry Fields Cafe | 2311 W Wadley Ave  
Stop by the Strawberry Fields Cafe for fresh, plant-based, and organic meals. Let us know that you're with the Wellness Tour for a 20% discount on food and drinks.
- 44** **9:00AM–10:00AM | Moms and Kiddos Stroll the Park**  
Grafa Park | Midkiff Rd & Ma Mar Ave  
Bring your kids and strollers and join us for a leisurely walk through Grafa Park. Learn about local services like Hope Chest, WIC, MCHS, and March of Dimes. Plus, you will be eligible to enter a raffle to win a car seat, playpen, or stroller!
- 45** **9:00AM, 10:30AM | Beginner and Intermediate Vinyasa Flow Yoga Classes**  
Midland Yoga Works | 2101 W Wadley Ave, #25  
Get in tune with your body by taking a free yoga class. Two different classes are being offered, so there's something for everyone. Join us for an intermediate Vinyasa flow class at 9AM or a beginner Vinyasa flow class at 10:30AM. Both classes are sure to make you sweat!
- 46** **9:00AM–12:00PM | Fun & Free Fitness Classes**  
Lacy J Pilates & Fitness | 3211 W Wadley, Ste 13  
Join us on Friday and Saturday for a variety of free classes including yoga, Pilates and more!

- 47** **9:00AM–11:00AM | Low-Cost Shot Clinic for Your Pets**  
Hogan's Dog Park | 1201 E Wadley Ave  
Bring your cat or dog to the park, and for \$20, your pet will receive a microchip, rabies vaccination, and city license. The DHPP vaccination and FVRCP vaccination will be offered for an additional \$10 each. We only accept cash. All dogs must be leashed or confined in a carrier. Cats must be in a carrier.
- 48** **9:00AM–10:00AM | WATERinMOTION Fitness Class**  
Midland YMCA | 800 N Big Spring St  
Join us for a one-hour WATERinMOTION class—the newest aquatic workout that provides a low impact, high-energy challenge for participants of all ages. Jump in and make a splash with this dynamic cardiovascular workout that tones the entire body.
- 49** **9:00AM–2:00PM | Eat to Fuel Your Life!**  
Living 360 Organics | 610 N Big Spring St, Ste B  
Join us for a dollar off any classic smoothie to fuel your body with the right nutrients!
- 50** **10:00AM–3:00PM | Self-Guided Scavenger Hunt**  
Sibley Nature Center | 1307 E Wadley Ave  
Have a blast on this self-guided, interactive scavenger hunt! Pick up your checklist from our front office and head out on the trails for some exercise. Be prepared to jump like a jackrabbit or stretch your wings like a hawk! When you're done, come back to the front office for a special prize! Pets are welcome outdoors and on the trails, but are not allowed indoors.
- 51** **10:45AM–10:00PM | Buy One, Get One Free at Chipotle!**  
Chipotle | 2820 W Loop 250 N, Ste 210  
Stop by Chipotle, tell us you're with the Wellness Tour, and receive a buy one, get one free coupon!
- 52** **1:30PM–3:30PM | Community Garden Tour**  
Midland Memorial West Campus | 4214 Andrews Hwy  
Take a tour of the community garden and learn gardening tips from the Permian Basin Master Gardeners.
- 53** **2:00PM–3:00PM | Raise the Barre to Wellness**  
Pure Barre Midland | 3208 N Loop 250 W, #200  
Experience a free 55-minute Pure Barre class. Get a total body workout that lifts, tones and burns your entire body! The Pure Barre technique is low impact, protecting your joints by avoiding any bouncing or jumping. Grab your sticky socks and get ready to shake! Drinks and light bites will be offered following the class. To reserve your spot for this class, please email [midland@purebarre.com](mailto:midland@purebarre.com) or text 432.214.7323.

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