

[Fitness at the Library](#)



When you think “Library,” do you think physical and mental fitness? Well, if you don’t, you should! Throughout the year, the Library offers free programs all about staying healthy and improving fitness. Now that summer is upon us, the Library is offering even more ways to exercise.

Every Monday evening, drop by for [Yoga for the Community](#). Robin Halpin Young of Maxwell House Yoga teaches why the joyful practice of yoga is so powerful for keeping you healthy in body, mind, and spirit.

Speaking of mind and spirit health, have you heard of [Being Bloomington: Being Peace](#)? During this program, enjoy periods of silence accompanied by soothing, live, meditative music. Kat Forgacs leads participants through seated meditation, Tai Chi, and more.

New parents and moms-to-be can get in on the action with [Prenatal Yoga](#) and [Yoga with Baby](#). Start your yoga practice during pregnancy, then bond with your baby after during these specially planned yoga programs. It’s a great opportunity to meet other parents.

For parents looking for a different kind of exercise, try the [Baby and Me Interval Workout](#). Personal Trainer Jenna Tieman leads the group through strength and bodyweight exercises with interval training techniques great for all levels of fitness. Grownups will work out, incorporating their children in a playful way. Stay and cool off after with a baby playtime!

One of the best ways to get into running is the couch-to-5K method, and you can join others in their quest to train for a local 5K race by attending the [Booking It: Summer Running Program](#) on Wednesday evenings all summer. Each session will combine stretching, walking, and running to take you from running novice to a 5K machine! Participants will also receive a raffle ticket for a free entry to a local 5K.

Finally, put your newly earned and improved fitness to the test during [Ping Pong Palooza](#)! The Library sets up a few tables, and everyone gets to play! The emphasis is on learning and honing your skills in a safe, fun environment.

Sure, you can get a good book at the Library, but you can also get in shape.

Posted by Paula G.O. on June 11, 2019 [Think Library](#)

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