



VILLAGE OF EVENDALE

JULY 2021

Dear Neighbors and Friends,

And a Happy 4th of July to everyone in the Village. I liked the sign board the Recreation Department put up several weeks ago, The Brave fought so we could be Free. We live in a special community in a special country.

In that vein, we are trying to make the Village a Purple Heart community. I am looking for the right day to do it. Veterans Day might be good.

We continue to work at making the Cultural Arts building more accessible. We have hired an architect to put together plans. We have a \$100,000 grant to get us started. We are trying to do it with grants and donations. We will see if it works.

The State of Ohio has offered to sell us 5½ acres west of I-75 that was part of the entrance to the bridge that was torn down with the reconstruction of I-75. This vacant land attaches to Village property, the former 5th/3rd Bank building site; but, it also is right next to the firing range. We want to include this land as part of AeroHub.

And speaking of AeroHub, the new offices of Kinetic Vision should have a ground-braking by the middle of July. Lots of work has gone into this project. A very special thank you to KV's owner and staff as well as all Evendale officials who helped facilitate this multi-million dollar project.

Meanwhile, the pipeline construction continues on Glendale-Milford Road. Duke recently installed the pipe under Reading Road and now it is Glendale-Milford Road itself that is torn up. Duke anticipates project completion in September or October.

A stream restoration project, at the confluence of the Millcreek and Sharon Creek, was scheduled to begin this month. However, a leak was discovered in a sewer pipe near the area. The project has been put on hold until the leak gets fixed by the Metropolitan Sewer District.

By the way, Sharon Creek runs alongside Exon Drive. I bet many did not know that it even existed. In this area, Hamilton County Great Parks is trying to buy a portion of the old Norfolk Southern railroad line for a bike trail that would connect the Village to Sharon Woods. Wouldn't that be great?

The Ohio General Assembly continues to try to ruin our authority and ability to manage our municipal income tax with regards to individuals employed by Village businesses but working from home. By the time you get this newsletter, we will know where we stand.

Sincerely,

Dick Foman
Your Mayor



FINANCE DEPARTMENT

Village of Evendale Financial Comparison

	2020		2021	
	May	Year to Date	May	Year to Date
Total Revenue	\$ 2,089,946	\$ 8,066,020	\$ 1,694,115	\$ 7,577,173
Total Expenditures	\$ 2,059,060	\$ 6,891,299	993,174	\$ 6,844,664
Net Result	\$ 30,886	\$ 1,174,721	\$ 700,941	\$ 732,509



VILLAGE OF EVENDALE ADOPTED ORDINANCES AND RESOLUTIONS

The following ordinances were opted by the Council of the Village of Evendale at the Regular Council Meeting on June 8, 2021.

ORD #21-37

AN ORDINANCE APPROVING THE HIRING AND APPOINTING OF ANDREW J. SCHRAMM AS A POLICE OFFICER OF THE VILLAGE OF EVENDALE AND DECLARING AN EMERGENCY. Unanimously approved

ORD # 21-15

AN ORDINANCE REPEALING CHAPTER 1442 OF THE EVENDALE CODE OF ORDINANCES IN ITS ENTIRETY AND ADOPTING A NEW PERMIT FEE TABLE. Unanimously approved

ORD#21-31

AN ORDINANCE AMENDING SECTION 258.120 SICK LEAVE SUBSECTION (f) AND DECLARING AN EMERGENCY. Approved

ORD #21-32

AN ORDINANCE AUTHORIZING THE MAYOR TO ENTER INTO AN AGREEMENT WITH OHIO PLAN RISK MANAGEMENT, INC. TO PROVIDE PROPERTY AND LIABILITY INSURANCE WITH THE ASSISTANCE OF RYLANT ADMINISTRATIVE SERVICES FOR THE VILLAGE OF EVENDALE AND DECLARING AN EMERGENCY. Unanimously approved

ORD #21-33

AN ORDINANCE APPROVING AN ADDITIONAL APPROPRIATION IN THE LAW ENFORCEMENT TRUST FUND AND DECLARING AN EMERGENCY. Unanimously approved

ORD#21-34

AN ORDINANCE APPROVING A TRANSFER FROM THE CONTINGENCY FUND TO THE COMMUNITY ENVIRONMENT DEPARTMENT AND DECLARING AN EMERGENCY. Unanimously approved

ORD # 21-35

ORDINANCE AUTHORIZING THE MAYOR TO HIRE SEASONAL EMPLOYEES FOR THE RECREATION DEPARTMENT AND DECLARING AN EMERGENCY. Unanimously approved

ORD#21-36

ORDINANCE APPROVING WATER MANAGEMENT AND SEDIMENTATION CONTROL PLANS FOR THE MILLCREEK ALLIANCE FOR THE SHARON CREEK CONFLUENCE RESTORATION PROJECT AND AUTHORIZING BUILDING COMMISSIONER TO ISSUE PERMIT AND DECLARING AN EMERGENCY. Unanimously approved

ORD #21-38

AN ORDINANCE APPROVING A TRANSFER FROM THE CONTINGENCY FUND TO THE BUILDING MAINTENANCE DEPARTMENT AND DECLARING AN EMERGENCY. Unanimously approved

An emergency clause is frequently added to an ordinance in order to allow the ordinance or resolution to go into effect immediately upon adoption. Under Evendale's Charter, the emergency provision must be separately voted on and approved by no less than five members of Council. It must include a reason for why it is necessary .



BUILDING, ZONING, AND CODE ENFORCEMENT

Over the coming months, Village Council will be considering two (2) Ordinances to make significant changes to the Evendale Zoning Code. These changes include the following:

1. Specifically define and regulate Discount Retail, Thrift Retail, and Pawn Retail separately from the more general Retail Sales. The proposed changes would effectively ban Discount Retail and Pawn Retail uses in the Village, while limiting the expansion of existing Thrift Retail uses. No Discount or Pawn Retail businesses are currently operating in the Village.
2. Specifically define and regulate Self-Storage Warehouse as a separate use. The proposed changes would effectively ban this use in the Village, though in practice the use has never been permitted. No such businesses are currently operating in the Village.
3. Allow the use of an automatic powered pool cover in lieu of a fence and locking gate to limit unauthorized entry to a residential swimming pool. The pool cover would be required to meet ASTM International standards.

Village Council is interested in hearing your opinion on these proposed changes. To obtain a copy of the Ordinances or to register your comments, please contact the Evendale Building Department at 513-956-2665 or building@evendaleohio.org. You may also use the "Contact Us" link on the Village of Evendale homepage (www.evendaleohio.org) or post a message via the Village Facebook page (www.facebook.com/EvendaleOH).



FIRE DEPARTMENT

The Evendale Fire Department sells bike helmets from toddlers to adults.

The cost is \$7.00. Come in for a fitting from 9am to 4pm.



"Summer is here! Please be reminded that the speed limit and stop signs on the Village grounds are fully enforceable as traffic violations by the police department."



SERVICE DEPARTMENT

reminds everyone it is the responsibility of the resident to have contractors, tree surgeons, landscapers, etc., remove their own materials and waste from the property.

All items to be chipped are to be at the curb by 7:00 a.m. on Monday morning.

Tree limbs and branches should be no larger than 8" in diameter.

Pile tree limbs neatly with the stalk end at the curb.

The following **CANNOT** be chipped: vines, garden waste, wood with nails or bushes with an excessive amount of dirt on roots. All vines and garden waste should be in bags for Rumpke pickup, not more than 50 pounds.

Please remove the root ball from trees and bushes for pickup.



GORMAN HERITAGE FARM

Be enchanted by the history of Ohio's barns and the art of telling their stories. You are invited to join us in welcoming artist and author Dr. Robert Kroeger to Gorman Heritage Farm – on July 31 from 11AM to 2PM – as he presents his stories and experience from his Ohio Barn Project, during which he painted historic barns in all 88 counties in Ohio. The History Press recently published "Historic Barns of Ohio," a book that includes images of each of the county barn paintings, along with an essay about the barn or the nearby area. Register at <https://www.eventbrite.com/e/historic-barns-of-ohio-painting-demonstration-book-signing-and-farm-tour-tickets-149415819739>.

Have family and friends visiting from out of town? Schedule a **private guided hands-on Farm Tour!** <https://www.eventbrite.com/e/summertime-tours-at-gorman-heritage-farm-2021-tickets-142010793105>

See all of our upcoming programs and events! <https://www.eventbrite.com/o/gorman-heritage-farm-12148743051>

Farm Fresh Meats

Frozen chicken is now available, while supplies last! You can also preorder GHF's delicious chicken for pickup in July and October. Never too early to secure your Thanksgiving turkey with a deposit - we sell out every year! Learn more at www.gormanfarm.org/products/meat-poultry

Gorman Heritage Farm is celebrating 25 years! Cool t-shirts available now! Remember that **Evendale Residents get free daily admission** to the Farm. Please stop in the Interpretive Center and let us know you are visiting (helps us keep track of annual visitors!). While you're here, say hi or meet our Executive Director, Tricia Watts! We encourage you to become Members and Donors to support the mission of Gorman Heritage Farm to educate about agriculture, nutrition, sustainability, and the environment. Visit gormanfarm.org to learn more!

Looking to give back, and make the most of your free time? **The Farm is always in need of Volunteers.** There are many individual and group volunteer opportunities including photography, gardening, animal care, painting, lawn care, general maintenance, trail upkeep, fence building, cleaning, even professional opportunities to provide pro bono services. Let us know your passion and we will find the perfect outlet for you on the Farm. Learn more at gormanfarm.org/volunteer





Performing Arts, Dance & Yoga

DANCEBLAST! (16+)

Tuesdays, 7:15 pm, Register @ danceblastinfo.com

GENTLE FLOW YOGA (13+)

Mondays & Wednesdays, 9:30-10:30 am

\$10 per class, Deb Bagley—Instructor

Register at debbagley01@gmail.com

IMPROV ACTING CLASSES (18+)

Wednesdays, 7:30 pm

\$15 per class, Bell Tower Arts Pavilion Theater

Register at vaslavjrjce@gmail.com

MUSICAL THEATER CAMP (GRADES 1-8)

July 5- 8, 2-4 pm OR July 12 - 13, 2-4 pm

\$50 for 4 classes, Instructor: Rachel Kimberlin

Let your kids take the stage and be the star of the show! Students learn acting basics and musical technique while working on a song and dance number for the end of the week.

MIN: 5 MAX: 20 REGISTER AT REC CENTER

TIPPI TOES TINY TOES (AGES 2-4 YRS)

Mondays, 5:00 - 5:30 pm OR Tuesdays, 5:00-5:30 pm,

\$50 for 4 classes (monthly), Evendale residents receive

Discounts. Register at [Tippi Toes Cincinnati website](http://TippiToesCincinnati.com)

TIPPI TOES BALLET, TAP & JAZZ (AGES 4-7)

Tuesdays, 5:45 - 6:30 OR

\$60 for 4 classes (monthly), Evendale residents receive

discounts. Register at [Tippi Toes Cincinnati website](http://TippiToesCincinnati.com)



DO YOU LOVE IMPROV?! SEE THE BEST IMPROV ACTORS IN CINCINNATI ON FRIDAY, JULY 30TH @ 7 PM

Tickets @ \$10 at the door
Bell Tower Arts Pavilion Theater.



Music

Evendale residents 18 and younger qualify for scholarships.

Band Instruments—Bunny Driscoll—call 513-235-0142

Drum & Percussion—Chris Ellison— call 513-259-9664

Guitar—Lou Larson—call 513-675-9545

Piano—Aisha Butler—call 513-236-5711

Piano & Voice—Roxanne Engle—call 513-948-9896

Violin & Viola—Gayle Castle—513-310-9147



Visual Arts

ACRYLICS AND OIL PAINTING CLASS

Thursdays, 6:30 pm, \$99 for 6 week session—start anytime

Instructor: Robert Hebenstreit

Email rhebenstreit@fuse.net to register

WATERCOLOR WEDNESDAY—ABSTRACTED LANDSCAPES

Wednesday, July 2, 6:30—8:30 pm, \$20,

Email registration to designbydiana@aol.com

OPEN PAINTING STUDIO

Mondays, Wednesdays & Fridays, 10 am—2:30 pm, Free

Bell Tower Arts Pavilion—lower level

OIL PAINTING CLASS

Tuesdays, 9:30 am—2:00 pm, \$13 each class

Email jhaslit@fuse.net for registration and information. Class held at Bell Tower Arts Pavilion lower level.



SEWING MONSTERS (AGES 8+)

July 14, 1-3 pm, \$20 for 1 class

Instructor: Tara Heilman

Sewing adorable monsters, sure to be your new BFF.

MIN: 5 MAX: 20 REGISTER AT REC CENTER



THE SUMMER ME PUBLIC ART PROJECT! (ALL AGES!)

Fridays, July 16 & 23, 3-4 pm,

\$20 per person, Make your own piece of art for

display at the Big Art Party! Pottery instructor Jess Thayer teaches you how to build, fire and paint clay to add to our 2021 Public Art Project!

REGISTER AT REC CENTER

PENCILS AND POTENTIAL CREATIVE WRITING CAMP (10+)

July 19-23 - Short Stories

July 26 - 30 - Short Plays

1:00-3:00 pm, \$50 for 5 classes

Instructor: Anna Heilers

REGISTER AT REC CENTER

UKULELE KIDS SUMMER CAMP (GRADES 2-6)

July 26—29, 1:00-3:00 pm, \$120

Register at ukulelekidz.com

8 hours of jamming over 4 days of FUN! Covering 3-4 songs, our camps are perfect for Grades 2-6. Beginners with no experience & Intermediates to keep their skills FRESH!



ARTVENTURES ARE BACK!!!! FERNALD NATURE PRESERVE AND BROWN'S FAMILY FARM MARKET

Friday, July 30, 9:30 am

\$12 Fee for Picnic Lunch.

Max: 10 Visit this lovely nature preserve and Visitor Center and enjoy a box lunch picnic and shopping at Brown's Family Farm Market afterwards. Sign up at Rec Center Front Desk.

SAVE THE DATE!! BIG ART PARTY RETURNS ON

FRIDAY, AUGUST 6 FROM 6:00-9:00 PM!!! Join us for a fun and entertaining evening with the arts featuring a blockbuster Cincinnati artists exhibit, hands on art and music activities, magician, balloon artist, henna and face painting, Gorman Heritage Farm furry friends and more!



SAFETY FOR EVERYONE REMAINS OUR TOP PRIORITY

Evendale Recreation Center

Individuals who have not been vaccinated should continue to wear masks pursuant to CDC recommendations.

Masks recommended while indoors if not exercising.

Safety partitions and social distancing will remain.

Staff members working with children will continue to wear face coverings.

Heightened cleaning procedures by staff will remain.

JULY 4th

POOL OPENS EARLY AT 11:00 AM!

Pool Games for Residents, Members, and their Guests at 2:00 PM.

Sponsored by SwimSafe Pool Management, Inc.

Patriotic Treats Available All Weekend at the Concession Stand!

POOL INFORMATION

Pool operations have returned to normal for this summer. No reservations and regular guest policies apply (\$2 per person / max 30 guests a summer per membership / must be with member.)

Please continue to follow guidelines from the CDC and Ohio Department of Health for social distancing. The pool deck will be set for social distancing. The drinking fountain will remain disabled.

POOL HOURS

REGULAR OPERATING HOURS

JUNE 1 – AUGUST 15

Saturdays	11:00 AM – 8:00 PM
Sundays	12:00 PM – 8:00 PM
Monday – Friday	12:00 PM – 9:00 PM

ADJUSTED HOURS AUGUST 16 – SEPTEMBER 6

Saturdays	11:00 AM – 8:00 PM
Sundays	12:00 PM – 8:00 PM
Mondays – Thursdays	4:00 PM – 8:00 PM
Fridays	4:00 PM – 9:00 PM
Monday, September 6 (Labor Day)	12:00 PM – 8:00 PM

EARLY MORNING ADULT OPEN SWIM FOR POOL MEMBERS

June 2 – August 13

6:00 AM – 7:30 AM M, W, F

Sign-in at the pool front desk each day.



PROGRAMS FOR THOSE OVER AGE 18

MONDAY NIGHT CARDS & GAMES

July 5, 12, 19, 26

August 2, 9, 16, 23, 30

5:00 – 8:00 PM

No fee. No sign-ups.

Bring a snack, appetizer or dessert to share and join us any Monday night in the Evendale Room. We normally have two tables of Hand & Foot, and one table of Mexican Train Dominos.

MEET AND GREET

***Monday, July 12 – Texas BBQ at the Shelter House – SOLD OUT!**

***Monday, August 2**

5:30 PM at the Shelter House

\$3.00, no guests permitted

Please register by July 26

Menu: Classic Southern Fried Chicken, Sliced Oven Roasted Beef with a Herb Demi Sauce, Mashed Potatoes & Gravy, Country Style Green Beans, Soft Rolls with Whipped Butter, and pies from Good Pie Y'all. Limited Seating.

***Monday, September 13– In the Recreation Facility – Menu forthcoming**

CHAPTER ONE BOOK CLUB

Contact: Georgia Bergan, 477-9547

Join other book enthusiasts for Evendale's monthly book club the fourth Tuesday of the month. If you are new to the book club please contact Georgia for book information and to confirm meeting time.

Wii BOWLING

September 17 - November 19

Exact dates will be given out once we have final number of sign-ups. \$5– Residents

Please sign-up by August 13.



SUMMER MINI CAMPS

Monday July 5th–Friday July 30th

- Please adhere to age guidelines when signing up.
- Camps are Resident Only
- Prior to the first day of camp, parents/guardians need to complete the paperwork upon registration if not already completed.
- Unless stated otherwise, camps limited to Min 4, Max 15

CAMP 36 (3-6 year olds)

Mon/Wed or Tues/Thurs 9:30 – 10:30 am
Either day combination will sign up as 3, 4,
and then 5/6 year olds

(Min 6, Max 12 in each age group)

Must be potty trained and three years of age
by 7/5/21; Staff cannot change diapers.

Children cannot enroll in the program if they
turn three during the session.

\$30 per Child

Children participate in various activities including, but not limited to, gym games, crafts, playground, song and dance, etc. Camp counselors are assigned to each area and each age group.

GYM GAMES CAMP

Mondays or Wednesdays 11:00am – Noon –
1st – 4th grade

Tuesdays or Thursdays 11:30am – 12:30pm –
5th – 8th grade

\$10 per person

Campers will play all their gym game favorites!
Camp will meet in the North Gym.

SOCCER CAMP

Mondays 1:00 – 2:00pm – 1st - 4th grade

Mondays 2:30 – 3:30pm – 5th – 8th grade

\$10 per person

Campers will work on furthering basic soccer
skills. Camp will meet on the patio.

COOKING CAMP

Mondays 1:15 – 2:15pm – 1st - 4th grade

Tuesdays 2:45 – 3:45pm – 5th – 8th grade

\$10 per person

Campers will prepare and enjoy some fun
treats. Camp will meet in the Flex Room.

FASHION CAMP

Mondays 1:30 – 2:30pm – 1st - 4th grade

Tuesdays 3:00 – 4:00pm – 5th – 8th grade

\$10 per person

Campers will craft and do all things fashion.
Campers will make or decorate fun things to
wear. Camp will meet in the Activity Room.

BASKETBALL CAMP

Tuesdays 1:00 – 2:00pm – 1st – 4th grade

Tuesdays 2:30 – 3:30pm – 5th – 8th grade

\$10 per person

Campers will work on furthering basic basket-
ball skills. Camp will meet in the North Gym.

SCIENCE CAMP

Tuesdays 1:15 – 2:15pm – 1st - 4th grade

Tuesdays 2:45 – 3:45pm – 5th – 8th grade

\$10 per person

Campers will explore the world of science as
we experiment and tinker with the world
around us. Camp will meet in the Flex Room.

SILLY ART CAMP

Tuesdays 1:30 – 2:30pm – 1st - 4th grade

Tuesdays 3:00 – 4:00pm – 5th – 8th grade

\$10 per person

Campers will enjoy the world of art through a
silly lens. Camp will meet in the Activity Room.

EDIBLE SCIENCE CAMP

Wednesdays 1:00 – 2:00pm – 1st – 4th grade

Wednesdays 2:30 – 3:30pm – 5th – 8th grade

\$10 per person

All of our activities will be experiments we can
eat! Camp will meet in the Flex Room.

CAMPERS VS COUNSELORS CAMP

Wednesdays 1:15 – 2:15pm – 1st - 4th grade

Wednesdays 2:45 – 3:45pm – 5th – 8th grade

\$10 per person

Campers will get competitive against the coun-
selors in different sports, activities and chal-
lenges. Camp will meet on the patio.

CRAFTY KIDS CAMP

Wednesdays 1:30 – 2:30pm – 1st - 4th grade

Wednesdays 3:00 – 4:00pm – 5th – 8th grade

\$10 per person

Campers, it's time to CRAFT! Camp will meet in
the Activity Room.

PAY IT FORWARD CAMP

Thursdays 1:00 – 2:00pm – 1st – 4th grade

Thursdays 2:30 – 3:30pm – 5th – 8th grade

\$10 per person

Campers will learn to pay it forward and help
build their sense of empathy and community
pride. Camp will meet in the Activity Room.

PICKLEBALL CAMP

Thursdays 1:15 – 2:15pm – 1st - 4th grade

Thursdays 2:45 – 3:45pm – 5th – 8th grade

\$10 per person

Campers will learn and improve their skills in
the sport of pickleball! Camp will meet in the
North Gym.

FLAG FOOTBALL

Thursdays 1:30 – 2:30pm – 1st - 4th grade

Thursdays 3:00 – 4:00pm – 5th – 8th grade

\$10 per person

Campers will work on furthering basic flag foot-
ball skills. Camp will meet on the patio.

FLEECE BLANKET MAKING

Friday July 9th Noon – 2:30pm – 1st - 8th

grade (Max 30)

\$10 per person

Campers will get to make and take a fleece
blanket! Camp will meet in the North Gym.
Campers should eat lunch beforehand.

SCAVENGER HUNT

Friday July 16th Noon – 2:00pm – 1st - 8th

grade (Max 40)

\$5 per person

It's time for a Scavenger Hunt! Each team will
have a counselor. Camp will meet in the North
Gym. Campers should eat lunch beforehand.

WATER DAY

Friday July 23rd Noon – 2:00pm – 1st - 8th

grade (Max 40)

\$5 per person

We are going to get wet! Camp will meet in the
North Gym. Campers should eat lunch before-
hand.

BETTER BABY SITTERS PRESENTED BY ENRICHING KIDZ

July 19th & 22nd 1:00 – 5:00pm – 10 Years

Old & Up (Min 6, Max 25)

\$95 per person

All students will receive their own first aid kit to
take home. Please have your child bring a
large stuffed animal with arms and legs and a
medium stuffed animal or doll to class. Stu-
dents will learn: First Aid & Safety, Infant &
Child CPR, Care of the choking child and infant,
How to handle emergencies, Creative problem
solving, Job professionalism and how to create
a marketing flyer, Hands on practice with dia-
pering, bottle feeding and infant care, & crea-
tive age appropriate activities, Camp will meet
in the Teen Room.

D Sr. Team Wins 1st Place

Congrats to Evendales D Sr. youth baseball team, coached by Scott Burns, who clinched the Knothole West D Sr Championship Title with 12 wins and 3 loses!

Spring Youth Soccer Update

Congrats to our Boys Passers, Coached by Josh Valentine, & Girls Wings, coached by Mark Hesse, who both were Fall Cincy Central Champs!

Boys Wings came in a very close 2nd place - also coached by Josh Valentine!



TENNIS 2021

**** One week prior must have minimum of 4 to hold or will be cancelled.**

Ladies Post-Season

Mondays 6:30 – 8:00 p.m.

Rainout day will be Wednesday at same time.

\$10 will be added within one week of class

Session I: Aug 3 – 31

Pre-Registered one week prior to start \$20.

Session II: Sept. 14- 28 (no class Sept. 6 Labor Day) Pre- registered \$12.

ADULT SUMMER TENNIS:

Cardio- Kicked up a NOTCH!!!

9-10:00 a.m. Saturdays

\$5/class if pre-registered/Resident

\$7/class for Non-Resident

Walk In Fee: \$10 Res./\$12 NR

(Have a group fitness pass? This class is included!)

Session 2: July 11, 18, & 25

Session 3: August 1, 8, 15, 22 & 29

Session 4: Sept. 5, 12, 19, & 26

Youth Tennis Lessons

Session III: July 19, 20, 21, 22, Aug. 5, 6, 9, 10, & 11 **Dates have changed.

Evendale continues teaching the **USTA Standards for 10 and Under!**

Three days per week– Monday, Wednesday & Thursday

Lessons are held on Mondays and Wednesdays! Thursdays will be match play and FUN!

Ages 5-7 Quickstart-Stage Red 8:45 – 9:30 a.m.

Ages 8-9 Quickstart – Stage Orange 8:45 – 9:30 a.m.

Ages 10 & Older Stage Green/Yellow 9:30 – 10:15 a.m.

Fees: \$27 residents/ \$36 Non-Resident PLEASE SIGN UP ONE WEEK PRIOR TO CLASS TO ENSURE WE HAVE ENOUGH PARTICIPANTS.

PROGRAMS OFFERED BY FITMEES

Please note that these programs are not a part of Group Fitness Classes offered through the Recreation Dept.

Ask a FitMees Team member about signing up or email michael@fitmees.com.

July & August Summer Sizzle

Join Personal Trainer Alice for a small group circuit training program! This is a great way to tone up for the beach!

Workouts will be comprised of circuits with a combination of cardio and strength training that will help improve form, endurance, and daily caloric burn. Plus, allow movement with power and a boost to your metabolism.

Time: Mondays from 4-5 p.m. beginning July 5.

The cost is \$50 per person for the 4-week program. Get 10% off when you participate in both July and August.

The max is 6 people per session!

Small-Group Training

Join Personal Trainer Alice for a challenging combination of strength and cardiovascular interval and circuit training. The challenges Alice has planned will help you progress towards your fitness goals.

Time: Tuesdays and Thursdays from 10:30-11:30 a.m.

The cost is \$15 for a single workout or \$110 for all 8. The max is 6 people per session, register now!

Tai Chi

Learn the ancient art of Tai Chi with Certified Tai Chi Instructor Alan! This progression training helps promote stress reduction, improved mood, muscle strength, balance, and flexibility.

You will learn breathing exercises to help you relax and connect with yourself, Tai Chi walking, and a short form of exercise that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Time: Mondays, Wednesdays, and Fridays 5:15-5:45 p.m.

The cost is \$5 per session or \$10 for three sessions. Participants must pre-register prior to the class.

1-on-1 Strength Program for Women

Sign up for a new, short strength program designed for women! Whether you're a busy professional, mom, or both, we get it, sometimes your schedule simply doesn't allow you the time to work on achieving the fitness goals you're after. Or maybe, you're just not sure what exercises and equipment will best meet your needs and your time constraints.

That's why Trainer Terry developed this 30-minute program. You'll focus on the key muscle groups you want to target. And once

you're done with a quick sweat, you'll get diet tips to help you continue to take steps toward your goals in the kitchen.

Come train with Terry and see that you don't need to spend hours in a gym to see results. The cost is \$30 per session or get a bundle of 3 training sessions for \$75. The bundle includes an InBody session, so you can see exactly what you're made of.

6-Month Attendance Challenge

Join the attendance challenge through the end of the year!

How it works: you'll earn points 1 point every time you make it to the fitness center four days out of the week. The FitMees team will track your attendance and your points by your badge scans – so don't forget to scan in (even if someone is kind enough to hold the door for you).

Want to know how you're stacking up? Points will be displayed on the window of the group exercise room.

Now for the fun stuff ... PRIZES.

At the end of September, we'll do a random drawing for everyone that has accumulated at least 10 points. The winner of the drawing will get 2 InBody measurements and a fitness backpack. Then, on December 30, the top two participants with the most points will win a fitness bundle, which includes a

medicine ball, fitness backpack, strength bands, and a foam roller.

It all starts on July 5 and we'll wrap up the challenge on December 30.

InBody BOGO

Knowledge is power but how much do you really know about your fitness level?

For instance, do you know if you have enough lean body mass in your legs to support your body weight? You will once you've had your InBody test! The test only takes 15 seconds to complete, and you'll get a personalized printout of your results.

A FitMees Trainer will take you through your printout and help you understand what your numbers mean, including coming up with a game plan for your fitness routine. Maybe your legs don't have enough lean body mass, which means you're at a higher risk of injury, so the trainer may recommend squats and deadlifts.

It's the perfect way to understand where you're starting so you can track your progress periodically, knowing your effort in the gym is making a difference in your health. For the month of July, all InBody measurements are buy one, get one free (a total cost of \$20)! Must use the second by the end of August.



10500 Reading Road
Evendale, Ohio 45241

Presorted
Standard
U.S. Postage
PAID
Cincinnati, OH
Permit #1542



IMPORTANT PHONE NUMBERS

Administration Office	563-2244
Director of Administration	956-2666
Building Department	956-2665
Tax Department	563-2671
Village Clerk	563-2244
Cultural Arts Center	563-1350
Fire Department	563-2248
Gorman Heritage Farm	563-6663
Police Department	563-2249
Recreation Department	563-2247
Pool	563-2246
Weather Hotline	956-2667
Service Department	563-4338
Rumpke Trash Service	1-800-828-8171
Chamber of Commerce	383-7034

Website: www.EvendaleOhio.org

 Village of Evendale, Ohio -
Recreation, Administration and Cultural Arts.

 Evendale Emergency Services -
Police, Fire and the Service Department.



**FREE YOGA ON
MONDAYS AT THE
PAVILION - 5:30 PM**

Questions:
(513) 563-2247
Weather Hotline:
(513) 956-2667



Live Music!

Jump 'N' Jive Big Band
Saturday, July 10
6:30 - 8:30 pm
Founder's Pavilion