



**TOWN OF WICKENBURG**  
155 N. Tegner St., Ste. A, - Wickenburg, Arizona 85390  
TEL (928) 684-5451 FAX (602) 506-1580

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## PRESS RELEASE

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CONTACT: Cory Monesmith  
(928) 668-0521  
[cmonesmith@wickenburgaz.gov](mailto:cmonesmith@wickenburgaz.gov)

FOR IMMEDIATE RELEASE

### Embrace the New Year with Exciting Programs in Wickenburg Fitness, Wellness, and Education for All

(WICKENBURG – January 20, 2026) – It's not too late to get started on your New Year's goals! Whether you're aiming to improve your fitness, expand your knowledge, or explore new hobbies, Wickenburg has a variety of exciting programs to help you achieve those resolutions. From hiking to mindfulness, and from fitness classes to outdoor education, there's something for everyone this January.

#### Health and Wellness Class on Diabetes

Join us on Thursday, January 29<sup>th</sup> at the Wickenburg Public Library from 5-6pm for a **free** health class led by Family Nurse Practitioner and Diabetes Nurse Educator, Kathy Brady. In this class, you'll learn practical ways to manage diabetes, prevent complications and know when to seek professional care.

#### Sophie's Flat Hike

On Saturday, January 31<sup>st</sup> from 9-11am, take an easy and informative 3-4 mile hike along scenic trails at Sophie's Flat on Blue Tank Road, just 1.25 miles from Constellation Road. Hike led by experienced hikers. Meet at the Sophie's Flat Trailhead. Make sure to bring water. This is a **FREE** event!

#### Fitness Class at the Rec Center

Start the year with invigorating fitness classes designed to boost strength, balance, and energy:

- **Strength & Balance Chair Aerobics** (Tuesdays & Thursdays, 9:30 am – 10:30 am): This engaging class combines aerobic exercise with a chair for support. Challenge your heart, build strength, and improve balance—all while having fun!

**Cost for Fitness Class:** \$2 per class. Classes held at the Wickenburg Rec Center, 175 E Swilling Ave.

#### Yoga & Pilates for Wellness

Enhance your flexibility, core strength, and overall well-being with these relaxing and restorative classes:



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- **Yoga** (1st and 3rd Monday of each month at 6:30 pm): Join certified instructors for an evening of yoga, focusing on different intentions each session. A great way to relax and de-stress at the start of your week.  
**Cost:** \$5 cash drop-in fee.
- **Mat Pilates** (2nd and 4th Monday of each month at 6:30 pm): Improve posture, flexibility, and core strength through this full-body workout.  
**Cost:** \$5 cash drop-in fee.

Both classes are held at the Wickenburg Rec Center at Coffinger Park (175 E Swilling Ave). For more information on Pilates or Yoga, contact Rooted Chiropractic & Wellness at (928) 588-3286.

## Registration & More Information

Plenty of fun and enriching activities are scheduled throughout January and beyond. Be sure to pick up this spring's Program Guide at Town Hall, the Wickenburg Library, or the Chamber of Commerce. For more details about these programs and to register online, visit [wickenburgaz.gov/register](http://wickenburgaz.gov/register).

For further inquiries, please call (928) 668-0552 or visit [wickenburgaz.gov](http://wickenburgaz.gov).