

Winter 2019 10 Week Session

Classes start Monday, January 14 and conclude, March 21.

Call Mary Bergren to sign up at 889-4251.

Sign up before January 11th-need 8 participants to hold class.

Power 60

Sixty minutes of indoor cycling, jogging, core and strength training, balance, flexibility and agility in interval format to heart pumping music. We use every "toy" in the house: BOSU balls, stability balls, slam balls, weights, battle ropes, jump ropes, even Solo cups!. This hybrid class provides the best of everything in the fastest 60 minutes of your day. No boredom allowed in this session. It's all about never doing the same thing twice. Moderate to high intensity workout.

Monday and Wednesday 6:00 to 7:00 a.m. with Leann and Duncan in the Activity Room.
20 sessions for \$75

Stretch, Strength and Balance

A strong core, flexibility and balance are your most important assets regardless of your fitness level. This class incorporates core strength training, light weight training upper and lower body workouts, stretching and balance practice for an overall effective yet not so strenuous workout.

Tuesday & Thursday with Tonya 4:00 to 5:00 p.m. in the Activity Room
20 sessions for \$75

ZUMBA

"Ditch the Workout...Join the Party." It's a crazy fun workout that looks more like a high energy dance party. No complicated moves and no dance experience required. Just follow along and enjoy better cardio endurance and toned muscles.

Tuesday and Thursday 6:30 to 7:15 a.m pm. with Amber in the Activity room.
20 sessions for \$55.

Barre and Cardio

This up tempo 45-minute class combines dance barre exercise emphasizing stretch and balance, with simple aerobic moves that will increase your heart rate to a light to moderate level. No tutus required, just exercise based on FUN!

Tuesdays and Thursdays 5:15 p.m. to 6:00 pm with Tonya in the Activity Room
20 sessions for \$55