

Winter 2018
4 Week Session
Classes begin November 27th - December 20th
Must sign up by November 16th by calling
Mary Bergren at 231-889-4251
Need a minimum of 8 participants in each class.

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, 4:00 pm to 5:00 p.m. with Tonya in the **Activity Room**. 8 sessions for \$30

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 pm to 6:00 p.m. with Tonya in the **Activity Room**. 8 sessions for \$20

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, 6:45 pm to 7:30 pm with Amber in the **Activity Room**. 8 sessions for \$20.

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. 8 sessions for \$30