

SUMMER FITNESS CLASSES

Circuit/ Weight Training (9 Weeks)

Tuesdays, 9:00am, June 20– August 15

This is an exercise program that will focus on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises. You have a choice of logging your progress or just have fun doing the exercises.

Instructor: Raul

Cost: \$54 for members/ \$74 for non-members



Barre Fitness with Kirstin (9 Weeks)

Tuesdays, 10:15 am, June 13– August 8

Thursdays, 9:30am and 10:45am, June 15– August 10

What is Barre Fitness?! Basic ballet moves, fitness training, core conditioning, yoga into one class! Tone and shape your body with this fun and exciting workout, try out the newest fitness craze! Great music and moves!

Instructor: Kirstin

Cost: \$54 for members/ \$74 for non-members

Restorative Yoga (9 Weeks)

Tuesdays, 11:30am, June 13– August 8

Restorative Yoga is a series of non-weight bearing poses designed to make you feel great during, and after class. The sequence is slow -- each pose is held between one and two minutes.

Students who like this class say it compliments their active lifestyle.

Instructor: Kirstin

Cost: \$54 for members/ \$74 for non-members



Registration will begin Monday, June 5 at 9:00am!