

February Group Fitness Classes

MORNING CLASSES

Early Bird Fitness Mon, Th 5:45-6:30 AM

Get your day started off right with this energizing workout! Come and join **Jill A.** for some heart pumping fun!

Golden Oldies Tu, Th 9-9:45 AM

Get your groove on with **Laura** in this low-impact class. You will strengthen your heart and muscles, and improve flexibility, balance and arthritic conditions.

Water Workout Mon,Wed 8-8:50 AM

Join **Laura/Sue** for this low-impact class in the therapy pool. Come and enjoy a total body workout that is easy on the joints. We'll have a splash!

Kickboxing Mon 9-10 AM

Keri has switched to Mondays and ready to make you work off your weekend indulgences! You will start the week right with a routine of jabs, punches & kicks. Come and join the fun!

Step Surprise! Wed 9-10 AM

Get ready to move with **Jill A!** In this class you will use steps to challenge and improve your fitness, along with some kickboxing moves and various other equipment.

Fantastic Fridays Fri 9-10 AM

Get ready for the weekend with this energizing class. Each Friday **Sue** will vary both the equipment used and the class style. Be ready to sweat!

Instructor's Choice Sat 9-10 AM

Be surprised and get your weekend off to a fabulous start! This workout will vary week to week, but is designed to accommodate all fitness levels.

EVENING CLASSES

Half Hour of Power NEW! Mon, Tu 5:30-6:00 PM

Join **Jill P.** for an intense 30 minutes of toning. Each week, one class will focus on abs and arms while the other class will focus on abs and legs. Burn baby, burn!

Circuit Challenge Mon 6:45-7:45 PM

Let **Erin B.** push you to your limits. She will guide you through a circuit that is guaranteed to challenge! Come and find out how long two minutes really is!

Cardio Blast Tues 6:30-7:30PM

Anything goes in this total body workout. Be prepared for **Shelly** to mix it up with different types of cardio - step, intervals, circuit training and more. Strength and stretching will be included.

Pool Power Tu. Th 6:30-7:30 PM

Join **Laura/Sue** for a high intensity class using the resistance of water.. Although we move fast, the water acts as a cushion, so this class is gentle on your joints!

Cardio Kickboxing Thurs 7-8 PM

Join **Holly** as she teaches this fast paced class! You'll work off your frustrations with a routine of jabs, punches and kicks! Class includes weights and toning.

Yoga Thurs 7:30-8:30PM

Join **Sue Wynn** for a workout that will focus on stretching, strengthening, relaxing and rejuvenating your tired muscles. It is a perfect end to your day!

(class located in the therapy room)

Kalida Step and Sculpt Tu, Th 7-8PM

(this class is in the Kalida elem.school cafeteria)

Get ready to move with **Becky!** In this class, you will use steps, stability balls, and weights to tone and tighten. Great for all fitness levels....come try it out!



Classes are designed to be fun and motivating for everyone! Instructors show modifications so participants can work at their own fitness levels!