

## 2021 Fall Fitness Classes



**PRE REGISTER TODAY!!!!**  
**Call 727-2064**

### **STEP FITNESS** *(Sep 14-Dec 14)*

**Tuesdays 5-6pm**

Cardio training using the bench with strength training incorporated for total body conditioning. (SEP-DEC)

### **STEP FUSION** *(Sep 16-Dec 16)*

**Thursdays 5-6pm**

Combines multiple training methods to challenge and improve strength, stamina, balance, flexibility and focus.

### **YOGA** *(Sep 18-Dec 18)*

**Saturdays 10-11am**

A gentle practice that will put your mind at ease and provide a full body workout. Suitable for all fitness levels. (SEP-DEC)

### **MORNING MOVEMENT**

**Wednesday 5:50-6:50am**

*(Sep 8-Dec 15)*

**Friday 5:50-6:50am**

*(Sep 10-Dec 17)*

This wake up workout is a great way to start your day. You will get a full body workout using different strength and cardio circuit styles. Burn calories, build strength and improve your overall health.

