

# ACTIVE WELLNESS CLUB

## DATE

**Starts: September 9**

12 week session (Sept 9 – Nov 29)

Or 6 week session (Sept 9- Oct 18)

\*Sept 9<sup>th</sup> Class  
@ Parochial Hall\*

## FEES

Full Session (12 weeks):

One class: M \$80 | NM \$95

Two classes: M \$140 | NM \$170

All Access: M \$200 | NM \$230

Half Session (6 weeks):

One class: M \$40 | NM \$50

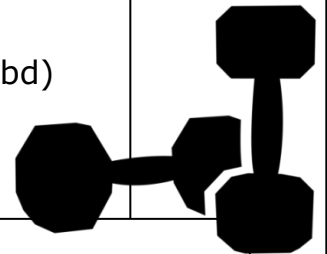
Two classes: M \$70 | NM \$85

All Access: M \$100 | NM \$115

## SCHEDULE

- Mon - Body Blast @ 4:30 Cheryl Kooning  
- **Dynamic Yoga @ 5:35 Gail Spencer-Lamm**
- Tues - **Pilates and Barre @ 4:30 Liz Luke**
- Wed - Yoga @ 10:15 Liz Luke (10:00 Luncheon day)
- Thurs - Yin Yoga @ 8:30 Liz Luke (6 week intro – 2<sup>nd</sup> half tbd)  
- F.I.T @ 4:30 Cheryl Kooning
- Fri - Dynamic Yoga @ 9:00 Gail Spencer-Lamm

*Updated*



## DESCRIPTIONS

**Body Blast** – a 20-20-20 style class meaning the class will contain 20 minutes of cardio, 20 minutes of strength training with a core focus and 20 minutes of stretching and relaxing.

**Pilates** – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles.

**Dynamic Yoga** - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

**Dancefit** – Just right for you, this fun and easy-to-follow aerobic dance workout is inspired by “Zumba” and is guaranteed to bring on good vibrations.

**Yin Yoga** - A class with a focus on increasing flexibility and mobility. Includes a long rest period at the start and end of class to encourage peace for the mind and body.

**F.I.T – Fun Interval Training** - variety of alternating cardio and strength training moves for a full body workout. Fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Emphasis on kickboxing and great music. Coed participation encouraged. Try something new!



**FOR INFO OR TO REGISTER CALL: 204-467-2582**

