

# ACTIVE WELLNESS CLUB

**DATE: Starts April 6<sup>th</sup>**

10 week session: Apr 6 – June 12

Or 5 week sessions:

Apr 6 – May 8 & May 11 – June 12



## 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)  
- Zumba @ 5:30 pm Christine MacNeil
- Thurs** - Yin Yoga @ 8:30 Liz Luke  
- F.I.T @ 5:30 Cheryl Kooning
- Fri** - Dynamic Yoga @ 9:00 Gail Spencer-Lamm  
**NEW** - Resistance Training @ 10:15 Liz Luke (45 min)

## FEES

### Full Session (10 weeks):

One class: M \$70 | NM \$80

Two classes: M \$120 | NM \$140

All Access: M \$180 | NM \$200

### Half Session (5 weeks):

One class: M \$35 | NM \$40

Two classes: M \$60 | NM \$70

All Access: M \$90 | NM \$100



## 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



**Zumba/Zumba Gold** - This fun aerobic dance workout is guaranteed to bring on good vibrations. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

**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. Co-ed participation encouraged. Try something new!

**Resistance Training** - as we get older we lose muscle mass and it's exponentially harder to build muscle. Come out and try this introduction to bodybuilding. We will be working specific muscle groups to encourage muscle strength and endurance. Working with weights and bands for resistance will also develop core strength and better mind body connection.



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