ACTIVE WELLNESS CLASS DESCRIPTIONS

DANCEFIT

Just right for you, this fun and easy-to-follow aerobic dance workout with **Gail Spencer-Lamm** is inspired by “Zumba” and is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don’t come in with a smile we know you will leave with one!

FUNFIT

This class with **Cheryl Kooning** will start with a lively mix of calorie-burning cardio, then strengthen and sculpt the entire body with weights and Pilates. Finally, we’ll reward and lengthen your muscles with yoga-based stretching. Classes will include interval training, step, "zoomba", high and low impact aerobics, while still bringing you the same energetic Funfit feel you have come to expect. Join us for a fun, challenging, and energetic class for **beginners to advanced** fitness enthusiasts! Bring a water bottle, 3lb - 10lb weights (according to ***your*** fitness level), and a yoga mat.

YOGA

Step out of your hectic life for one delicious hour with **Gail Spencer-Lamm** on Tuesdays @ 4:30 pm and **Elizabeth Luke** on Wednesdays @ 10:15 am. You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga and Pilates inspired exercises. You will be encouraged to lean against your edge with considerate persistence and honor your needs. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized!

ULTIMATE MIX

This fun, energizing class with **Cheryl Kooning & Patsy Duncan** will burn fat, strengthen your heart, tone your muscles and keep them flexible. Get ready for the ultimate mix of cardio and sculpting (with weights). We’ll encourage you to work at your own fitness level but also challenge you to higher levels in order to reach your goals and see progress. You will need 3lb -10lb weights, a yoga mat, & water bottle.

GENTLE YOGA

This one hour program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is “just enough”. Learn to harmonize body/mind/spirit in this ½ hour chair assisted and ½ hour mat work class. It’s the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day.