

February Group Fitness Classes

MORNING CLASSES

Spinning

Mon, Wed 5:45 – 6:45AM

Join **Jill A (Mon) & Wanda (Wed)** for this high intensity workout. You will pedal your way through climbs, sprints, intervals, jumps, recoveries and much, much, more.

Silver Sneakers MSROM **M 10:15-11AM; Th 9-9:45AM**

Have fun and move to the music with **Laura** in this class consisting of activities for daily living. Weights, tubing, balls and a chair will be used.

Silver Sneakers Cardio Circuit **Tu 9-9:45AM, Fri 10:15–11AM**

Get your groove on with **Laura** in this low-impact class designed to improve your cardiovascular and muscular health. Weights, tubing, and a ball will be used. A chair will be provided for support, stretching, and relaxation.

Silver Splash **Mon 8-9 AM**

Come and play with **Laura** in this shallow water class designed to improve agility, flexibility and endurance. A special Silver Sneakers kickboard will be used.

Water Workout **Wed 8-9 AM**

Join **Laura** for this low-impact class in the therapy pool. Enjoy a total body workout that is easy on the joints.

Kickboxing **Mon 9-10 AM**

Come and work off your weekend indulgences! Have fun with **Morgan** as you kick, punch, and jab your way to fitness. It's a great workout for everyone!

Spin, Step & Sculpt **Wed 9:15-10:15 AM**

Join **Shelly** in a workout that has something for everyone. You will do 20 minutes of bike, 20 minutes of step and 20 minutes of arms and abs. Get fit and have fun!

Fantastic Fridays **Fri 9-10 AM**

Get ready for the weekend with this energizing circuit class. Join **Amy** for a fabulous workout using different pieces of equipment each week. You will have fun, fun, fun!

Spin & Sculpt

Sat 9-10 AM

Join **Various Instructors** for a class that begins with spinning cardio and ends with total body conditioning. It will be a great workout for everyone!

EVENING CLASSES

Spinning

Mon, 5:45-6:45PM, Tu 7-8PM

Join **Jill P (Mon) & Erin (Tu)** for this high intensity workout. You will pedal your way through climbs, sprints, intervals, jumps, recoveries and much, much, more.

Body Bootcamp

Tu 5:45 – 6:45 PM

Are you bored of the same old routine? If you are, join **Jill P** for a class filled with a little bit of everything. This class will be a combination of spinning, kickboxing, step, core and toning. Come get fit and and have fun!

Spin & Sculpt

Th 5:45-6:45 PM

Join **Morgan (Th)** for a class that combines spinning cardio with total body conditioning. Participants will receive the benefits of both land and bike exercise for a fabulous workout!

Pool Power

Tu, Th 6-7PM

Join **Shelle (Tu) and Sue (Th)** 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!

Bailamos – Let's Dance

Mon, Th 7-8 PM

Join **Cheryl (Mon) and Holly (Th)** for this exciting workout using Latin rhythms and easy to follow dance choreography. Come and get your groove on!

Kalida Aerobics

Th 7–8 PM

Join **Trisha/Shelley** for a great all around workout. Bring a stability ball, mat and hand weights. Class will be held in the Kalida Elementary School Cafeteria.



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