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## Cardio-Strength-Flexibility

Looking for a great class that gets results?

This class includes step, cardio with a Latin flair, free weights and other props to help you develop your muscular strength, movements to increase your flexibility, and ends with a relaxing segmented cool down. All you need to bring is a towel and water.

**GC/Gym Mondays/Wednesdays:** 6:00 - 7:00 PM

**Section 1:** 8/12 – 10/2 **Fee:** $120 **Section 2:** 10/21 – 12/11

## Vinyasa Yoga

The style of yoga for this class is called Vinyasa. Vinyasa yoga links poses in a flowing series that warms and energizes the body in an aerobic practice. This class is for beginners to intermediate. Modifications are always welcome to honor a person’s body and fitness level. Registration is required in advance. Please call 532-6156 or 532-5614 to register. Bring a mat. Minimum of 10 students required.

**WCC - Door 70 Wednesdays:** 6:00 - 7:00 PM

**Section 1:** 7/10 – 8/28 **Fee:** $60

**Section 2:** 9/4 – 11/6 **Fee:** $60

**Section 3:** 11/13 – 12/11 **Fee**: $40 (5 classes)