*FITNESS CLASSES*

|  |  |
| --- | --- |
|   |  |

## 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.

**Grassy Creek/Gym**

**Section 1:** 1/13– 3/20 **Section 2:** 4/6 – 5/27

**Mon & Wed:** 6 - 7 PM **Fee:** $120

## 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 mat. Minimum of 10 students required.

**Walker Career Center - Door 70 Wednesdays:** 6:00 - 7:00 PM

**Section 1:** 1/8 – 2/26  **Fee:** $60

**Section 2:** 3/4 – 5/6 **Fee:** $60

**Section 3:** 5/13 – 6/17 **Fee:** $45