



Two New Classes Beginning September 5th

Be Active Now!

**Tuesdays & Thursdays 8-9:00 am
Small Gym**

Have fun and move to the music that incorporates a combination of cardiovascular training on an adjustable platform as well as muscle conditioning with the use of bands and weights. The step encourages balance, coordination and agility. The choreography is easy and simple to follow. Use of the step is optional.

Forever Young!

**Mondays & Wednesdays 8-9:00 am
Fitness Room II**

This energetic class challenges you with a variety of low impact aerobics and strength training. This class is designed for people of all ages and fitness levels. It is sure to get your heart pumping and your muscles strong and toned.