

# Fitness Class Schedule



## Spring 2024

### Civic Center Classic

Low impact class for all fitness levels. Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and the class is modified depending upon the fitness levels of the participants.

1:00pm Thursday Civic Center Gym  
Instructor: April



### AM Water Aerobics

9:00am M/W/F Civic Center Pool  
Instructor: Julie

Class uses water weights and noodles. This low impact workout is good for your joints and overall health.

### Ai-Chi & Water Walking

7:30pm M/W Civic Center Pool  
Instructor: Coleen

1<sup>st</sup> half of class: Slow & sprint movements in water for a total low impact workout using weights. 2<sup>nd</sup> half of class: Relaxation with Ai-Chi stretching movements and breathing.



### Yoga

Coming in March! Email [schmidt@wahoo.ne.us](mailto:schmidt@wahoo.ne.us) if interested in details.

Come join one of our fitness classes and make the commitment to get in shape and feel good about yourself. No class registration necessary. Classes run continuously, so join at any time. Simply purchase a fitness punch card...good for any fitness class the Parks and Recreation Department offers. Each card contains 10 punches with no expiration date...so come as often as you like as your schedule allows. Card price is \$35 for Civic Center members and \$50 for non-members plus sales tax. You may also pay the single class fee of \$4 for members and \$6 for non-members plus sales tax. Cards may be purchased at the Civic Center front desk. Contact the Civic Center at 443-4174 if you need additional information.