

GROUP FITNESS WORKOUTS

JULY 4-25, 2017

STAY FIT! GET FIT! HAVE FUN!

TUESDAY AND THURSDAY MORNINGS 10-11:10 AM

OUR MODERATE WORKOUTS FOCUS ON IMPROVING AND MAINTAINING **YOUR** FITNESS AT WHATEVER LEVEL YOU MIGHT CURRENTLY BE AT.

WE ALL NEED STAMINA, STRENGTH, AND SUPPLENESS – THE **3 S'S OF FITNESS**.

EACH CLASS INCLUDES CARDIOVASCULAR AND MUSCULAR CONDITIONING, STRETCHING, AND – THE BEST PART – RELAXATION! MEET YOUR FRIENDS AT THE CLASS AND MAKE NEW ONES!

JUST BRING YOURSELF, YOUR WATER BOTTLE, WEAR COMFORTABLE EXERCISE GEAR INCLUDING INDOOR RUNNERS, AND IF YOU HAVE A MAT, BRING IT, TOO.

WE'LL BE LOOKING FOR YOU!

After the new 'sports floor' is installed (yahoo!) we'll start our Fall program on Tuesday, Sept.5.



Photograph – Karen Morgenstern

**FITNESS INSTRUCTOR – JACQUIE ALLAN, B.R.E.
COAST FITNESS**