



Open House Monday, Oct 14th 2019

Open House, Treats, and Door Prizes. Tour the Fitness Center

Try our classes for FREE

7:30-9:30	Pickle Ball Demonstration	
8:30-10:30	Meet Personal Trainer	Cornelia Hagedorn
9:00-9:30	Equipment Orientation	Cornelia Hagedorn
10:00-10:45	Silver Sneaker Class	Michelle Hall
11-2:00	Meet Personal Trainer	Signe Olson
11:00-11:30	Intro to weight training	Signe Olson
Noon-12:45	TRX (Suspension Training)	Michelle Hall
1:00-1:30	Equipment Orientation	Signe Olson
2:00-2:30	Circuit Training	Signe Olson
4:30-5:15	Cardio/Strength Mash-Up	Elizabeth Stallman
5:15-6	Cardio Kickboxing	Shannon Ledin
6:00-7:30	Meet Personal Trainer	Carl Ekstedt
6:15-7	Total Barre (Dance, Pilates, & Strength.)	Shannon Ledin
6:30-7	Push, Pull, Squat Demo	Carl Ekstedt
7-7:30	Pole Dance	Brittin Leigh (Freestyle Fitness)

Seniors remember to bring your supplement Insurance cards.

