

# Spring Community Fitness Classes



## **Yogalates with Theresa: Mondays 12—12:45pm and Wednesdays 5—6pm**

This class will allow participants to increase strength, flexibility and core development through a series of movements and poses that work the entire body. Class will include flowing movement from standing to mat work as well as muscle toning holds and balance poses.

## **Muscle Camp with Thom: Tuesdays 12—12:45pm and Thursdays 12—12:45pm**

Muscle Camp is for all abilities to challenge your personal physical and mental toughness! Bodyweight exercises, bands, suspension training, hand weights, kettlebells and more will be used to keep this class fun and always evolving.

## **Zumba with Stacie: Fridays 12—12:45pm**

No dance experience necessary! You'll use interval training combining fast and slow rhythms for an effective aerobic workout.

**ALL classes start the week of January 11th and end the last week in April.**

**Payment can be taken at the Alford Center front desk either by cash or check. Please make all checks out to Saint Joseph's College.**

**For any questions email Wellness at [wellness@sjcme.edu](mailto:wellness@sjcme.edu)**

**Drop in rate: \$7  
per class  
10 punch pass  
card: \$50**