

HEALTH & FITNESS

Get fit this fall!



Yoga for Strength and Flexibility NEW-- This class will flow between strength and flexibility focuses each class. Build body awareness, develop your strength, test your balance, and extend your flexibility! GYM210 (McMullen) \$59

Session One

9/19-10/26 TTH 7-8am

Session Two

10/31-12/12 no class 11/23 TTH 7-8am

Beginner Barre NEW--In-depth introduction to the practices of barre focusing on strengthening and toning the entire body by training small movements that isolate muscles followed immediately by a stretching session to help create those long lean muscles. No prior experience needed! GYM210 (McMullen) \$59

Session One

9/20-10/27 WF 12-1pm

Session Two

11/1-12/8 WF 12-1pm

Zumba Fitness--Combines high-energy dance moves with traditional exercises such as lunges, squats and arm curls. Lift your spirits and get in shape! Gym 210. (Davis) \$59

Session One

9/19-10/26 TTH 5:30-6:30p

Session Two

10/31-12/12 no class 11/23 TTH 5:30-6:30p

Pilates Core Challenge--Emphasizes the balanced development of the body through core strength, flexibility, and stability throughout your entire torso, helping to create a stronger YOU! GYM 210 (Poole) \$60

Session One

9/25-11/1 MW 5:30-6:30p

Session Two

11/6-12/13 MW 5:30-6:30p

Better Bones & Balance – Whatever your age or fitness level, Better Bones and Balance will significantly slow the rate of bone loss, build muscle mass and improve balance and flexibility! (Swanson) Youth and Family Link Gym. \$49

MW 7-7:50am

MW 8-8:50am

9/11 -11/15 No classes 10/9, 10/30 & 11/15/29

Better Bones & Balance Friday NEW!--Join us for a new Friday class focusing on strength, cardio, balance, and flexibility. (Carroll) Youth and Family Link Gym. \$29

Friday 8-8:50am

Friday 9-9:50am

9/15-11/17 No class 11/3

Aquatic Fitness--Exercising in water makes you feel up to 90 percent lighter, and reduces the impact on your joints. Dick Mealy Pool at Mark Morris (Dickey) \$69

9/18-12/7 no class 11/27 MTTH 11:50-12:45

Spin Fitness--This 50 minute class will leave you feeling strong and energized! Get ready to 'hit the corners' and 'tap it back' to transform the way you look and feel. Hop on a stationary bike and join the fun! (Isaacson)

Session One

9/11-10/18 MW 5:30-6:20p GYM212 \$65

9/12-10/10 Tues 4:30-5:20p GYM210 \$35

Session Two

10/23-11/29 MW 5:30-6:20p GYM212 \$65

10/17-11/14 Tues 4:30-5:20p GYM210 \$35

Session Three

12/4-12/18 MW 5:30-6:20p GYM212 \$35

11/21-12/19 Tues 4:30-5:20p GYM210 \$35

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