



## **YOGA AT GROWTH MANAGEMENT– Every Monday**

Program Runs January 7– May 1, 2019

(No classes on Holiday Mondays)

**12:05– 12:55 PM Conference Rooms 609/610– Bring Your Own Mat**

Participants will be required to set up and breakdown the room

## **WELLNESS SPONSORED EXERCISE PROGRAMS**

**\$25 Fee For Each Program—Paid by 1st week**

**Attend 12/16 Sessions for \$50 Healthy Bucks or receive 1 hour Health Smart Qualifying Education Credit**

**ALL PROGRAMS OFFERED BELOW LOCATED ON MAIN CAMPUS -6th FLOOR OF COURTHOUSE**



**Zumba– Easy & Fun!**  
Mondays & Wednesdays  
5:30-6:30 pm

**Beginning Mon Jan. 7, 2019– Mar. 6, 2019**

**No class Mon. Jan.21 and Feb. 18, 2019**

Zumba is a Latin-inspired dance/fitness class set to Latin & international music performed at moderate intensity.

**Burn Calories & Have fun!**  
**All fitness levels welcomed–**  
**Each dance move is demonstrated**  
**Shoes & Socks required**



**Yoga for Men & Women**  
Mondays & Wednesdays  
12:05-1:00 PM  
**Beginning Mon Jan. 7– Mar. 6 2019**

**No class Mon Jan. 21 and Feb. 18, 2019**

Join this program to improve:

- Balance
- Flexibility
- Core strength

Exercise clothing required,

Shoes not necessary

Bring your own Yoga Mat!

## **Basic Pilates**

Tuesdays & Thursdays

12:05-1:00 PM

**Beginning Tues. Jan. 8– Feb. 28, 2019**

Practice the basics of Pilates, progress at your own pace

- Build strength
- Improve core
- Increase flexibility
- Alleviate low-back pain



## **Circuit Training for Men & Women**

Tuesdays & Thursdays

5:30-6:30 PM

**Beginning Tues Jan. 8– Feb.28, 2019**

## **BUILD MUSCLE MASS & LOSE WEIGHT**

- Combines resistance, strength, & interval training
- Improve aerobic capacity and build strong muscles
- Increase overall muscle mass
- Lose fat
- Improve overall strength

