

HCL Community Center Fall Fitness Classes



Classes start the Week of January 10 and run through March 16, 2017

Fit4Life located in CC-gym	Tuesdays & Thursdays (10 weeks)	8:30-9:30 a.m.	Contact Kelly 414-529-6700, ext. 185
Christian Yoga (minimum 8 people needed for class) located in Room 172	Thursdays (5 or 10 weeks)	7:00-8:00 p.m.	Call to pre-register Contact Zack Ferguson 414-349-0310
Jazzercise located in CC-gym	Mon., Wed., Friday Saturday	8:30-9:30 a.m. 8:00-9:00 a.m.	Contact Kathy 414-421-6666
Strength and Core Fusion located in Room 172	Tuesdays and Thursdays (10 weeks)	6:00-6:45 p.m.	Contact Kelly 414-529-6700, ext. 185

Fit4Life

Fit4Life is a senior exercise class that involves 30 minutes of walking (at your own pace), chair strength exercise, as well as muscle and joint flexibility exercises. Suitable for most exercise levels. Cost is \$40 for 10 weeks.

Yoga

This class is taught by Zack Ferguson, a certified yoga instructor. There will be two sessions. Please come to room 172 a little early before any Thursday class to sign up. You can pay as you go, or save by joining a session or sessions. Yoga is a fun way to elongate the muscles giving you a leaner flexible body while building strength. The best part of yoga is how it quiets the nervous system and therefore the mind. The body needs to maintain flexibility; less injuries occur to a flexible muscular skeletal system. Come and try it! Punch card system: Pay \$45/5 weeks or \$75/10 weeks if you sign up right away!

Strength and Core Fusion

A semi-cardio paced toning program that includes balance, coordination and core exercises. This full-body workout is not only fun, but is done in 45 minutes. Equipment is provided, so all you need is an exercise mat and a water bottle. Choose to come one or two times per week for 10 weeks. Cost: \$60/session (one class/week); \$80 session (two classes/week).



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12300 West Janesville Road Hales Corners, WI 53130 www.hcl.org 414-529-6700