

HCL Community Center Winter Fitness Classes



Classes start the Week of January 9 and run through March 16, 2018

Fit4Life	Tuesdays & Thursdays (12 weeks)	8:30-9:30 a.m.	Contact Kelly 414-529-6700, ext. 185
Christian Yoga (minimum 8 people needed for class) located in Rm 109-Grange Campus	Thursdays (6 or 12 weeks)	7:00-8:00 p.m.	Call to pre-register Contact Robin Monson-Dupuis 414-916-4827
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 2 nd floor - Grange Campus	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 \$48 for 12 weeks. Fit4Life will go until June 8, 2017.

Yoga - (need a minimum of 8 people)

This class is taught by Robin Monson-Dupuis, a certified yoga instructor. This is an open level class for all! Yoga is a fun way to elongate the muscles, giving you a leaner, more flexible body while building strength. Less injuries occur in a more flexible, strong body, particularly as we age. The best part of yoga is how it quiets the nervous system and therefore calms the mind. A calm mind helps us connect with God. Come and try it! You can pay \$10 cash to drop-in, or save by committing to a session by purchasing a punch card. Punch card system: Pay \$45/5 weeks or \$75/10 weeks if you sign up at the beginning of the session. **Grange Campus Gym is located at 5425 S. 111th Street, Hales Corners, WI**

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: \$72/session (one class/week); \$96 session (two classes/week). **Grange Campus Gym is located at 5425 S. 111th Street, Hales Corners, WI**



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