

# HCL Community Center Fall Fitness Classes



Classes start the Week of September 19 and run through December 14, 2017

<b>Fit4Life</b> located in CC-gym	<b>Tuesdays &amp; Thursdays</b> (12 weeks)	8:30-9:30 a.m.	Contact Kelly 414-529-6700, ext. 185
<b>Christian Yoga</b> (minimum 8 people needed for class) located in Grange Campus Gym*	<b>Thursdays</b> (6 or 12 weeks)	7:00-8:00 p.m.	Call to pre-register Contact Zack Ferguson 414-349-0310
<b>Jazzercise</b> located in CC-gym	<b>Mon., Wed., Friday</b> Saturday	8:30-9:30 a.m. 8:00-9:00 a.m.	Contact Kathy 414-421-6666
<b>Strength and Core Fusion</b> located in Grange Campus Gym*	<b>Tuesdays and Thursdays</b> (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 Zack Ferguson, a certified yoga instructor. There will be two six week 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 \$50/6 weeks or \$90/12 weeks if you sign up right away! *\$10 drop in fee.* \*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