

AUGUST & SEPTEMBER

FITNESS CLASSES

Personal Training

- \$25 Per individual sessions
- \$65 for three sessions
- \$100 for five sessions
- \$200 for ten sessions

Free first consult with any package

Nicholas Ball- Instructor

DANCE FITNESS

- ❖ MONDAYS & WEDNESDAYS
- ❖ 6:00PM
- ❖ NATALIE KURRASCH – INSTRUCTOR
- ❖ \$25 PER MONTH
- ❖ Min: 4 Max: 9
- ❖ \$5 drop-in fee if space is available

YOGA

MORNING YOGA – TUESDAYS - 9AM

CHAIR YOGA – THURSDAYS – 9AM

TARRAH PATCH – INSTRUCTOR

EACH CLASS IS \$15 PER MONTH

\$5 drop-in fee if space is available

Min: 4 Max: 9

FUNCTIONAL MOVEMENT

CIRCUIT TRAINING

- **MON, WED, & FRI – 5:30-6:30PM**
- **JED MOORE – INSTRUCTOR**
- **\$40 A MONTH OR \$5 A CLASS**
DROP IN FEE IF SPACE IS AVAILABLE
- **MIN: 4 / MAX: 9**

AQUA AEROBICS

TUESDAYS AND THURSDAYS

4:30PM

NATALIE KURRASCH – INSTRUCTOR

Min: 4 Max: 9

\$25 PER MONTH

\$5 drop-in fee if space is available

Due to COVID-19 all fitness classes will have a maximum of 9 participants to stay within the regulations set by the Rio Blanco Health Department