

# OCTOBER & NOVEMBER

## 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: 10
- ❖ \$5 drop-in fee if space is available

### YOGA

October Only

**MORNING YOGA – TUESDAYS – 9:00AM**

**CHAIR YOGA – THURSDAYS – 9:00AM**

**TARRAH PATCH – INSTRUCTOR**

**EACH CLASS IS \$15 PER MONTH**

**\$5 drop-in fee if space is available**

**Min: 4 Max: 10**

### AQUA AEROBICS

*TUESDAYS & THURSDAYS*

*4:30PM*

*MONDAYS & WEDNESDAYS*

*7:30AM*

*NATALIE KURRASCH – INSTRUCTOR*

*Min: 4 Max: 10*

*\$25 PER MONTH PER CLASS*

*\$5 drop-in fee if space is available*

### TRX Fusion

Begins Tuesday, October 6

- Tuesdays and Thursdays
- 6:30pm
- \$25 per month or \$5 drop-in fee if space is available
- Alexandra Peterson - Instructor

This class incorporates numerous TRX suspension exercises along with body weight, light free weight, and cardio. This class will help develop strength and endurance as well as improve balance, flexibility, and core strength.

Due to COVID-19 all fitness classes will have a maximum of 10 participants to stay within the regulations set by the Rio Blanco Health Department