

JANUARY & FEBRUARY 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

AFTERNOON AQUA **AEROBICS**

TUESDAYS & THURSDAYS

4:30PM

Min: 4 Max: 10

\$25 PER MONTH

\$5 drop-in fee if space is available

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

Morning Aqua **Aerobics**

- Mondays and Wednesdays
- 7:30AM
- \$25 per month or \$5 drop-in fee if space is available

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

DANCE FITNESS

- ❖ MONDAYS & WEDNESDAYS
- ❖ 6:00PM
- ❖ NATALIE KURRASCH – INSTRUCTOR
- ❖ \$25 PER MONTH
- ❖ Min: 4 Max: 10
- ❖ \$5 drop-in fee if space is available

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