

MARCH & APRIL

FITNESS CLASSES

Strength & Mobility

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

This class offers an opportunity to take a different approach to strength and conditioning. It aims to improve daily living skills through better balance, strength, flexibility, and agility.



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

Morning Strength & Mobility

- Tuesdays & Thursdays
- 8:15AM
- \$25 per month or \$5 drop-in fee if space is available
- Min: 4

This class offers an opportunity to take a different approach to strength and conditioning. It aims to improve daily living skills through better balance, strength, flexibility, and agility.

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.