



2015 Fall Fitness Classes

YOGA/PILATES

10 week session
Mondays; 6 – 7 pm
September 14 – November 23

Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives

ZUMBA

8 week session
Tuesdays; 6 – 7pm
September 8 – October 27

Our Zumba program combines hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while you burn fat. With some Latin flavor and international zest into the mix you've got a Zumba Class.

RESISTANCE BAND

8 week session
Wednesdays; 7 – 8pm
September 9 – October 28

New Class!! Resistance Band fitness class a combination of strength, endurance and flexibility work using resistance bands that are adaptable to **ANY** strength and skill level. A great opportunity for family fitness!! Age 10 & up welcome. Bring a water bottle, a towel for sweat, a good attitude and a desire to work hard in order to look and feel better.

All classes are held at the Edgewood Senior Center @ 550 Freedom Park Drive, Edgewood, KY
All participants must sign a liability waiver. No childcare will be provided.
If you have any questions please call 859-331-5910.



Circle all FALL classes you are signing up for:



Yoga/Pilates
\$50/person



Zumba
\$40/person



Resistance Band
\$40/person

Name(s) _____

Address _____

Phone Number _____

Email _____

Make all checks payable to City of Edgewood and remit to:
City of Edgewood, Attn: Fitness Classes, 385 Dudley Road, Edgewood, KY 41017