



2016 Fall Fitness Classes

YOGA

10 week session
Mondays; 6 – 7 pm
August 29 – November 14

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 13 – Nov. 1

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.

PIYO

8 week session
Wednesdays; 8:30 – 9:30am
September 14 – Nov. 2

New Class!! Get ready to sweat, stretch, and strengthen—all in one workout! PiYo® LIVE is a high-intensity, low-impact class that combines the best of Pilates and yoga for a long, lean physique. But instead of holding poses, you'll perform fast-paced bodyweight moves that sculpt every muscle, burn tons of calories, and improve your flexibility. You'll unleash your inner powerhouse—and leave feeling refreshed and restored!

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



PiYo
\$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