



**WAHOO**  
Parks & Recreation

# Fitness Class Schedule December 2018

## Dance Fitness!

No Classes in December

Instructor: Cindy

Dance Fitness is a judge free zone and for all levels. It is a fun workout that includes cardio (aerobic/dance), toning and stretching to modern and upbeat music!



## AM Water Aerobics

9:00am M/W/F

(No class on Dec. 26)

Instructor: Julie

Class uses water weights and noodles. This low impact workout is good for your joints and overall health.

## Ai-Chi & Water Walking

7:30pm Tu/Th

(No class on Dec. 13, 18, 25 & 27)

Instructor: Coleen

1<sup>st</sup> half of class: Slow & sprint movements in water for a total low impact workout using weights. 2<sup>nd</sup> half of class: relaxation with Ai-Chi stretching movements and breathing.



Come join one of our fitness classes and make the commitment to get in shape and feel good about yourself. No class registration necessary. Classes run continuously, so join at any time. Simply purchase a fitness punch card...good for any fitness class the Parks and Recreation Department offers. Each card contains 10 punches with no expiration date...so come as often as you like as your schedule allows. Card price is \$35 for Civic Center members and \$50 for non-members plus sales tax. You may also pay the single class fee of \$4 for members and \$6 for non-members plus sales tax. Cards may be purchased at the Civic Center front desk. Contact the Civic Center at 443-4174 if you need additional information.