



Unlimited Fitness Program

Cost: \$35
(\$45 non-resident)

OR Session one: Sept. 19 — Oct. 26
Drop – In \$4 per class Session two: Oct. 31 — Dec. 14
Location: (No class Nov. 2, 14 or 23)

Big Rapids Middle School Cafeteria

Attend all these classes for one low RATE!!

	Monday	Wednesday
5:30 pm—6:15 pm	Super Sculpt	Cardio Mix
6:30 pm—7:15pm	Yoga-Pilates Combo	Yoga-Pilates Combo

Ages 18 & older

Minimum of 5 participants required

Super Sculpt: A great strength training workout that challenges your entire body. Increase your strength and improve your definition while working your muscular endurance and decreasing body fat. All fitness levels welcome. You will need hand weights, fitness mat, water bottle.

Cardio Mix: This low to high-intensity workout is great for burning fat as well as cardio and core conditioning. Aerobics choreography alternates between low and high impact movements followed by abdominal work. Cardio Mix is geared to all fitness levels because you choose your own intensity. You'll need a fitness mat, water bottle and towel.

Yoga-Pilates Combo: Make balance and core strength a priority. Experience a mind-body workout that will stretch and strengthen your body. This total body workout will focus on building strength and endurance of the core postural muscles to gain stability helping to protect the spine against injury, enhancing posture and creating a fit streamlined shape. All fitness levels welcome. Perfect for increasing energy and reducing stress. You will need a fitness mat and water bottle.

Instructor: Tammy Felix, AFAA Certified & Insured Fitness Instructor

Senior Fitness Classes

50+ Line Dancing/Strength Training Combo: Line Dancing is a great way to exercise that is fun, therapeutic in allowing one "to live in the moment" and to forget the stresses of the day. This class will strengthen you physically and mentally. You will start with 30 minutes of choreographed line dancing while increasing your heart rate for a great cardio workout followed by 30 minutes of full body strength conditioning that will improve bone density, balance and your overall strength. You will need a water bottle, towel and hand weights.

Cost: \$2 per visit

Location: City Hall Commission Room

Tuesday	Thursday
9:30 am—10:30 am	9:30 am— 10:30 am

Sept. 20 — Dec. 15

No Class Nov. 8 or 24

Instructor: Tammy Felix, AFAA Certified & Insured Fitness Instructor

Water Aerobic Classes

50+ Water Fitness: A great way to get a low impact full body workout in the water. You will start with warm ups and progress to the deep end of the water with a work out that will encourage you to use your whole body. Then progressing back to the shallow area for a full body cool down and stretch. For those that do not wish to go in the deep water, you can still enjoy the workout in the shallow area of the pool. You will need to bring a water bottle, towel and bathing suit.

Cost: \$3 per visit

Sept. 19 — Dec. 16

Location: FSU Recreation Center Pool No Class Nov. 25

Instructor: Jan Weining

Monday	Wednesday	Friday
9:00 am—10:00 am	9:00 am—10:00 am	9:00 am—10:00 am

For more information contact the Recreation Department at 592-4038

