

SUMMER FITNESS CLASSES

PRE-REGISTER CLASSES// CLASSES RUN **JUL 5-AUG 31**

DROP-IN AVAILABLE: \$12 - IF SPACE ALLOWS

MON

TUES

WED

THURS

FRI

STRENGTH

with Natalie

10:00am-11:00am

\$90

STRENGTH

with Natalie

10:00am-11:00am

\$80

**BELLY
DANCING**

Technique
with Amy

7:00pm- 8:00pm

\$90

**BELLY
DANCING**

Choreography
with Amy

7:00pm- 8:00pm

\$90

**BELLY
DANCING**

Technique
with Amy

7:00pm- 8:00pm

\$80

**CLASS
BONUSES**

0.1

REGISTER FOR 2+
CLASSES AND GET A
FREE 1 MONTH C2 PASS

0.2

C2 MEMBERS SAVE
15% ON CLASS
REGISTRATION

0.3

CHILDMINDING
INCLUDED WITH
YOUR REGISTRATION



SUMMER FITNESS CLASSES

STRENGTH // This slow-paced class is ideal for working on perfecting your lifting technique while increasing strength and endurance. Learn to use barbells, kettle bells, dumbbells and other equipment while getting in a full body workout. This class is suitable for all fitness levels.

Belly Dancing - Technique // A gentle, low impact dance class with a focus on basic belly dance technique which can help improve mobility, posture, strength, balance, and graceful movement, as well as be a fun outlet for creative expression. No previous dance experience necessary. All ages and fitness levels are welcomes and encouraged!

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Belly Dancing - Choreography // Come and learn a fun and lighthearted belly dance choreography! A gentle yet spirited class for those enrolled in the Belly Dance classes to come and play with their new belly dance skills. Must be enrolled in the Belly Dance classes to register for the choreography class or have previous belly dance experience, as basic beginner skills will be required for the class.