



GROUP FITNESS CLASSES – 2010 Call (814) 877-6145 to register.

Gentle Exercise Class (Easy aerobics, light hand weights and bands – perfect class for beginners)

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| Mondays and Wednesdays, 10:30 to 11:30 a.m. | March 1-April 28 | 18 sessions | \$67 |
| Sue McCall, Certified Group Fitness Instructor | May 3-June 30 (no class 5/31) | 17 sessions | \$63 |
| Location: Hamot Health Connection | | | |

Whole Body Fitness Class (Upper and lower body strength training with aerobics, weights and bands)

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|--|-------------------------------|-------------|------|
| Mondays and Wednesdays, | March 1-April 28 | 18 sessions | \$67 |
| 3:30 to 4:20 p.m. or 4:30 to 5:20 p.m. | May 3-June 30 (no class 5/31) | 17 sessions | \$63 |
| Sue McCall, Certified Group Fitness Instructor | | | |
| Location: Hamot Health Connection | | | |

Zumba® (Latin Dance Exercise – a fast-moving, exhilarating class)

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| Mondays, 2:30 to 3:20 p.m. | March 8-April 26 | 8 sessions | \$36 |
| Sue McCall, Certified Zumba® Instructor | May 3-June 28 (no class 5/31) | 8 sessions | \$36 |
| Location: Hamot Health Connection | | | |
| Tuesdays, 6:45 to 7:35 p.m. | March 9-April 27 | 8 sessions | \$36 |
| Sue McCall, Certified Zumba® Instructor | May 4-June 29 (no class 6/1) | 8 sessions | \$36 |
| Location: Hamot Heart Institute | | | |

Combo Workout (Weights, abdominal work and yoga stretches – a total body class)

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| Tuesdays, 4:30 to 5:20 p.m. | March 9-April 27 | 8 sessions | \$36 |
| Norma Schriefer, Certified Fitness Instructor | May 4-June 22 | 8 sessions | \$36 |
| Location: Hamot Health Connection | | | |
| Wednesdays, 5:30 to 6:20 p.m. | March 10-April 28 | 8 sessions | \$36 |
| Susan McCall, Certified Fitness Instructor | May 5-June 30 | 9 sessions | \$40 |
| Location: Hamot Health Connection | | | |

Nia® (A blend of modern dance, martial arts and yoga – mixing tae kwon do, subtle tai chi movements and stretching)

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|---|-------------------------------|------------|------|
| Mondays, 6:45 to 7:35 p.m. | March 8- April 26 | 8 sessions | \$36 |
| Susan Black, Nia® White Belt Instructor | May 3-June 28 (no class 5/31) | 8 sessions | \$36 |
| Location: Hamot Heart Institute | | | |
| Wednesdays, 2:30 to 3:20 p.m. | March 10-April 28 | 8 sessions | \$36 |
| Susan Black, Nia® White Belt Instructor | May 5-June 23 | 8 sessions | \$36 |
| Location: Hamot Health Connection | | | |

Belly Dancing (A class to build abdominal strength – for anyone new as well as those with previous experience)

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|---|-----------------|------------|------|
| Wednesdays, 7:30 to 8:20 p.m. | June 23-July 28 | 6 sessions | \$36 |
| Kitty Holtz, Certified Group Fitness Instructor | | | |
| Location: Hamot Health Connection | | | |