

Hamot Health Connection - Summer/Fall 2010 Group Fitness Classes

Gentle Exercise - Easy aerobics, light hand weights and bands - perfect class for beginners

Mondays	May 3-June 28 (no class 5/31)	8 sessions	\$30
10:30 to 11:30 a.m.	July 12-August 30	8 sessions	\$30
Location: Hamot Health Connection	September 13-November 1	8 sessions	\$30
Instructor: Susan McCall	November 8-December 20	7 sessions	\$26.25

Whole Body Fitness Combo - Hand weights, abdominal work and stretches

Mondays and Wednesdays	May 3-June 30 (no class 5/31)	17 sessions	\$63.75
3:30 to 4:20 p.m., 4:30 to 5:20 p.m.	July 12-September 1	16 sessions	\$60
Location: Hamot Health Connection	September 13-November 3	16 sessions	\$60
Instructor: Susan McCall	November 8-December 22 (no class 11/24)	13 sessions	\$48.75

Tuesdays, 4:30 to 5:20 p.m.	May 4-June 22	8 sessions	\$30
Location: Hamot Health Connection	July 13-August 31	8 sessions	\$30
Instructor: Norma Schriefer	September 14-October 26	7 sessions	\$26.25
	November 2-December 14	7 sessions	\$26.25

Zumba - Latin dance/exercise - a fast moving, exhilarating class

Mondays	May 3-June 28 (no class 5/31)	8 sessions	\$30
6:45 to 7:35 p.m.	July 12-August 30	8 sessions	\$30
Location: Hamot Heart Institute	September 13-November 1	8 sessions	\$30
Instructor: Susan McCall	November 8-December 20	7 sessions	\$26.25

Wednesdays	May 5-June 30	9 sessions	\$33.75
5:30 to 6:20 p.m.	July 14-September 1	8 sessions	\$30
Location: Hamot Health Connection	September 15-November 3	8 sessions	\$30
Instructor: Susan McCall	November 10-December 22 (no class 11/24)	6 sessions	\$22.50

Belly Dancing - fun class and great workout to build abdominal strength

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

Hamot Health Connection
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