

Mutch Women's Center for Health Enrichment
2024 SPRING FITNESS SCHEDULE

(MARCH, APRIL, MAY)

To register, call (605) 328-7155

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
TOTAL BODY BOOST w/ Colleen 7:30am-8:20am	STRONG BONES w/ Colleen 7:30am-8:20am	YOGA STRONG w/ Izumi 7:30am-8:20am	TOTAL BODY BOOST w/ Colleen 7:30am-8:20am	HEALTHY HEART ZUMBA w/ Patricia 7:30am-8:20am	SPECIAL EVENTS TO BE ANNOUNCED
STRONG BONES w/ Colleen 9am-9:50am	GENTLE YOGA w/ Colleen 9am-9:50am	STRONG BONES w/ Colleen 9am-9:50am	GENTLE YOGA w/ Izumi 9am-9:50am	YOGA STRONG w/ Izumi 9am-9:50am	
YOGA STRONG w/ Izumi 10:30am-11:20am	MVE PILATES w/ Colleen 10:30am-11:20am	TOTAL BODY BOOST w/ Colleen 10:30-11:20am	MVE PILATES w/ Colleen 10:30am-11:20am		
EVENING CLASSES					
YOGA w/ Izumi 5:30pm-6:20pm		YOGA w/ Izumi 5:30pm-6:20pm			

No Membership, small class sizes & individual attention provided by Certified Fitness Instructors

CLASS DESCRIPTION: (all classes are 50 minutes)

Total Body Boost (tennis shoes required)



Intervals of HIIT (High Intensity Interval Training) cardio and strength training to give you a total body workout.

Strong Bones (tennis shoes required)



Strengthen major muscle groups/ build bone density for everyday life skills. (Chair is available)

Healthy Heart (tennis shoes required)



“Zumba “like class with high/ low intensity dance moves to get heart rate up, boost cardio endurance, and tone the body.

MVe Chair Pilates

Resistance training to build strength, balance and endurance. Mve Chair Pilates uses the joint-friendly Pilates reformer chair.

Gentle Yoga and Yoga (chairs are available)

Relax and re-energize to increase posture, strength, balance and decrease stress.

Yoga Strong

Poses/ movements to strengthen the core, shape and tone the total body, improving flexibility and balance.

CLASS PRICES AND PACKAGES:

1 Class - \$8.52*

10 Class Package - \$76.68*

30-day Unlimited Class Package - \$121.61*

***Prices include tax.**

Personal Fitness Coaching

Provided by Certified Wellness and Fitness Coaches

- A personalized exercise plan you can do at home.
- Guidance on proper exercise form, lifting and improvement in everyday tasks to avoid injury.
- Tips to increase energy, improve balance and tone your core.
- Guidance on proper posture.

Personal Fitness Coaching Price

- **One 50 min. session - \$42.60***
- **Ten 50 min. sessions - \$383.40* (save \$42.60)**

***Prices include tax.**

For more information, visit mutchwomenscenter.org.

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