

# No membership, small class sizes & individual attention provided by certified fitness instructors!

## CLASS DESCRIPTIONS: (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 & chair use available)

Strengthens major muscle groups and helps to build bone density for everyday life skills.

### Healthy Heart (Tennis shoes required)

Similar to Zumba, 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.

### Flow Yoga

Moving through poses fluidly while connecting your breath with your movements. Improves strength, flexibility and balance.

### Yin Yoga

Slow paced yoga with longer held poses and breathing that stimulates connective tissue and energy channels. A guide to inner peace and a meditative state. Increases circulation in joints and improves flexibility.

### Gentle Yoga and Yoga (Chair use available)

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

### Yoga Strong

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

### Chair Yoga

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

## CLASS PRICES AND PACKAGES: (\*Prices include tax)

1 Class - \$8.52\*

10 Class Package - \$76.68\*

30-day Unlimited Class Package - \$121.61\*

## 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 Prices: (\*Prices include tax)

One 50 min. session - \$42.60\*

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

For more information, visit [mutchwomenscenter.org](http://mutchwomenscenter.org).

**SANFORD**  
WOMEN'S

# Mutch Women's Center for Health Enrichment

## 2024 WINTER FITNESS SCHEDULE

(DECEMBER, JANUARY, FEBRUARY)

To register, call (605) 328-7155.

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