



AT



Includes weight room, selectorized machine area, cardio room, locker rooms and the following classes:

<u>Class</u>	<u>Days</u>	<u>Time</u>
<i>Muscular Strength & Range of Motion</i>	Tuesday & Thursday	9:30 a.m.
<i>CardioFit</i>	Monday, Wednesday, & Friday	9:40 a.m.
<i>Yoga Stretch</i>	Monday, Wednesday, & Friday	10:40 a.m.

Questions: Call Bowling Green Parks and Recreation Fitness Center at 393-3582.

Description of classes on back.

Class Descriptions

Muscular Strength & Range of Motion – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. A chair is used for seated and/or standing support.

CardioFit – Get up & go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. **Floor exercises are included in the class.**

Yoga Stretch – This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion.