



# FALL FITNESS



## Yoga Mind & Body Fitness Class

**WHERE:** Community Room, Peculiar City Hall

**WHEN:** Tuesdays, Thursdays and the second & fourth Saturday on the month

**TIME:** 5:45pm-6:15pm Tuesdays and Thursdays, 8:30am– 9:00am Saturdays

**CLASS FEE:** \$24 per month, \$4 drop-in fee,

- Yoga Mind-&Body Fitness Class designed to improve core strength, balance and flexibility using movement and mental focus



## Total Body Fitness

Small group exercise class that incorporates interval training with body weight exercises, core training and strength training to get a full body workout . The class will use dumbbells, resistance bands, stability balls, chairs, beach balls and kettlebells. The class is designed for everyone of all ages.

Exercises are customized to fit your individual fitness level.

**WHERE:** Community Room, Peculiar City Hall

**WHEN:** Tuesdays, Thursdays and the second & fourth Saturday of the month

**TIME:** 6:30pm-7:30 pm Tuesdays and Thursdays, 9am– 10am Saturdays

**CLASS FEE:** \$45 per month, \$7 drop-in fee,

- Register for both Yoga and Fall Fitness for \$60 per month
- Register for the class at Peculiar City Hall
- Instructor Alisa Wade is a ACE Certified Personal trainer with an Associates in Exercise Science.