

During the closure of the Aerobics & Cycling Studios we will be offering the following alternative classes.

**Bodyweight Boot Camp** with Monica 5:15-6:15 am (gymnasium)  
9/27, 9/30, 10/4 & 10/7

**Cardio Boot Camp** with Melissa 8:30-9:30 am (gymnasium)  
9/27, 9/29, 10/4 & 10/6

**Reb3I Groove/Strength** with Kyoko 6:30-7:30 pm (gymnasium)  
9/29 & 10/6

**Brain Fitness** with Karmen 1:30-2:30 pm (**Gold Rush**) Thurs 9/30 —\$5.00 fee

Having trouble with rubbing your belly & patting your head? Join us for Brain Fitness Class to learn, to practice & to build your own arsenal of brain fitness exercises. This class is for all ability levels, all ages & anyone who is ready to improve their brain fitness. Improvements can be achieved by the following : exercising your body, challenging your brain, resting y our brain, hydrating your body, eating foods that help the brain to function at its best, and meditating just to name a few.

We will cover these as we explore a variety of physical & mental challenges.

**Fall Prevention** with Karmen 1:30-2:30 pm (**Gold Rush**) Thurs 10/7 —\$5.00 fee

This class offers practical ideas for preventing falls, teaches balance exercises, works through gait, pattern, emphasizes proper posture & body alignment, & talk about balancing our imbalances. We will learn the things to look out for that cause falls in addition to tripping or slipping. We will work on stability for the hips, knees, & ankles with easy to do exercises that can be done anywhere, anytime!

**Please register on our website to attend any of these classes.**

*Thank you for your patience!*