

# March Fitness & Wellness

## Body & Soul (16 yr+)

Empower yourself with this workshop focusing on self-esteem, body image, relationships, communication, emotional & physical health & peace.

Sun, March 3rd 1:00-4:00 pm  
Fee: \$30 Class # 4565

## Yoga Basics

Are you brand new to yoga and don't know where to start? Come learn the basic poses/names during this 2 session workshop.

T/Th March 19th & 21st 5:00-5:30 pm  
Fee: \$15 D/\$19 ND Class # 4593

## Spring Break Classes

**Strong Girls** (13+)-Small group setting to achieve a balance of fitness, empowerment regardless of fitness level.

M/W/F Mar 18, 20 & 22 2:00-3:00 pm  
\$35 D/\$42 ND #4406

**Youth Yoga** (10+)-Great class to help kids stay flexible and learn the value of Yoga.

T/TH Mar 19 & 21st 4:15-5:00 pm  
\$20 D/\$24 ND #4416

**Speed & Strength Conditioning for Teens**(13+)

We will work on speed, strength, stamina & agility

M/W/F Mar 18, 20 & 22 12:00-1:00 pm  
\$35 D/\$42 ND #4426

**Zumba Kids** (5+)- Super fun way for kiddos to dance, exercise & have a great time.

M/F Mar 18 & 22 1:30-2:00 pm  
\$20 D/\$24ND #4176

## FREE Weight Room Orientation

One of our Personal Trainers will give you a general overview of the equipment on the fitness floors.

Sat, March 9th 11:30-12:30 pm #4444  
Sat, March 30th 11:30-12:30 pm #4445  
(Free but you MUST register)

## Men's Power Hour

Look out Women on Weights, we now have a small group training just for men! Be ready to sweat, work hard & get an awesome workout with one of our Personal Trainers.

Tuesdays (4) 5:30-6:30 pm  
Fee: \$45 D/\$56 ND Class # 4196

Register online or at our Front Desk.



[trailsrecreationcenter.org](http://trailsrecreationcenter.org)

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