Summer Fitness Class Schedule
October 9th – December 22nd

Monday
Group Strength
12:05-12:45pm
Aaron

Tuesday
Yoga Flow
12:05-12:45pm
Becky

Wednesday
Group Strength
12:05-12:45pm
Aaron

Thursday
Pilates
12:05-12:45pm
Becky

Friday
No Class –
Open Fitness Room

How Do I Sign-Up?
Contact Tamara Glentz:
tglentz@lacrossecounty.org
or Call 785-9723.

Registration is open NOW!
Class size may be limited to accommodate comfort and safety.

2017 Fitness Class Prices

NEW!
Punch Card Option:
12 Class Punch Card = $30
24 Class Punch Card = $50

1 class = $25
2 classes = $45
3 classes = $62
4 classes = $78

*Punch card may be limited to certain classes based on capacity. You can purchase a punch card & a specific class if desired. Punch cards cannot carry over to future sessions.*

All classes will be held in the NEW fitness space in the HHS Basement!

Group Strength Training (GST)
GST will help you build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. This class uses dumbbells, resistance tubing, and a variety of other equipment to provide a safe and effective total body workout. All levels are welcome!

Yoga Flow
An all-encompassing spirit, mind and body workout concentrating on flexibility, strength and relaxation. Poses are held longer to challenge the body to open more deeply into the postures. Suitable for beginners and all levels.

Pilates
Pilates focuses on strengthening and lengthening the body with an emphasis on the core muscle groups. You will gain control of movement and increase core strength with the majority of the class completed on the mat. Relaxation stretches and balance work are also incorporated. All levels are welcome!