Winter Fitness Class Schedule
January 23rd – April 7th

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

Registration begins Thursday, January 12th!
Class size may be limited to accommodate comfort and safety.

Body Blast
This circuit-style strength and conditioning class incorporate a variety of equipment in stations of strength, plyometrics and core conditioning. Beginner and advanced modifications will be offered so all levels are welcome!

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!

Hatha Yoga
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!

NEW! Body Blast
6:30-7:15am
Mary K

Hatha Yoga
12:05-12:45pm
Patty

Body Blast
4:45-5:30pm
Kailyn

Group Strength
12:05-12:45pm
Chanel

Pilates
12:05-12:45pm
Anne

Body Blast
12:05-12:45pm
Maddi

2017 Fitness Class Prices

1 class = $25
2 classes = $45
3 classes = $62
4 classes = $78
5 classes = $92

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

*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!
Want to see the room before you take the class?
Check out the space during the open house on Thursday, January 12th from 4-6pm.