

2022-23 WINTER FITNESS SCHEDULE (DECEMBER, JANUARY, AND FEBRUARY)

Mutch Women's Center for Health Enrichment

To register, call (605) 328-7155

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
TOTAL BODY BOOST w/ Jen 7:30am-8:20am		CORE AND MORE w/ Jen 7:30am-8:20am			
STRONG BONES w/ Jen 9am-9:50am	GENTLE YOGA w/ Marie 9am-9:50am	STRONG BONES w/ Jen 9am-9:50am	GENTLE YOGA w/ Jen 9am-9:50am		ROTATING YOGA AND HEALTHY HEART 8:30am-9:20am
TONING TIME w/ Jen 10:30am-11:20am	MVE PILATES w/ Jen 10:30am-11:20am	TOTAL BODY BOOST w/ Jen 10:30am-11:20am	MVE PILATES w/ Jen 10:30am-11:20am		
EVENING CLASSES					
HEALTHY HEART w/ Patricia 5pm-5:50pm	YOGA w/ Alicia 5:30pm-6:20pm		YOGA w/ Alicia 5:30pm-6:20pm		

No Membership, small class sizes & individual attention provided by Certified Fitness Instructors

CLASS DESCRIPTION: (all classes are 50 minutes)

Core 'n More

Focus on engagement of the deep and superficial muscles of the core to increase pelvic floor health, overall function and stability.

Total Body Boost (tennis shoes required)



Intervals of HIIT (High Intensity Interval Training) cardio and strength training to give you a total body workout.

Strong Bones (tennis shoes required)



Strengthen major muscle groups/ build bone density for everyday life skills. (Chair is available)

Healthy Heart (tennis shoes required)



“Zumba “like class with high/ low intensity dance moves to get heart rate up, boost cardio endurance, and tone the body.

Toning Time

Blend of Barre, Yoga, and Pilates to tone the body while improving balance, posture & flexibility.

MVe Chair Pilates

Resistance training to build strength, balance and endurance using the joint-friendly Pilates reformer chair.

Gentle Yoga and Yoga (chairs are available)

Relax and re-energize to increase posture, strength, balance and decrease stress.

CLASS PRICES AND PACKAGES:

1 Class - \$10*

10 Class Package - \$85*

30-day Unlimited Class Package - \$115*

**Prices do not include tax.*

Personal Fitness Coaching

Provided by Certified Wellness and Fitness Coaches

- A personalized exercise plan you can do at home.
- Guidance on proper exercise form, lifting and improvement in everyday tasks to avoid injury.
- Tips to increase energy, improve balance and tone your core.
- Guidance on proper posture.

Personal Fitness Coaching Price

- One 50 min. session - \$40*
- Ten 50 min. sessions - \$360* (save \$40)

**Prices do not include tax.*

For more information, visit mutchwomenscenter.org.

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WOMEN'S