## Mutch Women's Center for Health Enrichment

# 2024 FALL FITNESS SCHEDULE (SEPTEMBER, OCTOBER, NOVEMBER)

# To register, call (605) 328-7155

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                             |
|--|--|--|--|---|--------------------------------------|
| MORNING CLASSES                                    |  |  |  |   |                                      |
| TOTAL BODY<br>BOOST<br>w/ Colleen<br>7:30am-8:20am | STRONG<br>BONES<br>w/ Colleen<br>7:30am-8:20am | YOGA STRONG<br>w/ Izumi<br>7:30am-8:20am           | TOTAL BODY<br>BOOST<br>w/ Colleen<br>7:30am-8:20am | HEALTHY HEART ZUMBA w/ Patricia 7:30am-8:20am | SPECIAL<br>EVENTS TO BE<br>ANNOUNCED |
| STRONG<br>BONES<br>w/ Colleen<br>9am-9:50am        | GENTLE YOGA<br>w/ Colleen<br>9am-9:50am        | STRONG<br>BONES<br>w/ Colleen<br>9am-9:50am        | GENTLE YOGA<br>w/ Izumi<br>9am-9:50am              | CHAIR YOGA<br>w/ Izumi<br>9am-9:50am          |                                      |
| YOGA STRONG<br>w/ Izumi<br>10:30am-11:20am         | MVE PILATES<br>w/ Colleen<br>10:30am-11:20am   | TOTAL BODY<br>BOOST<br>w/ Colleen<br>10:30-11:20am | MVE PILATES<br>w/ Colleen<br>10:30am-11:20am       |   |                                      |
| EVENING CLASSES                                    |  |  |  |   |                                      |
| YOGA<br>w/ Izumi<br>5:30pm-6:20pm                  |  | YOGA<br>w/ Izumi<br>5:30pm-6:20pm                  |  |   |                                      |

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

### **CLASS DESCRIPTION: (all classes are 50 minutes)**

## 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.

#### **MVe Chair Pilates**

Resistance training to build strength, balance and endurance. Mve Chair Pilates uses 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.

#### Yoga Strong

Poses/ movements to strengthen the core, shape and tone the total body, improving flexibility and balance.

#### **Chair Yoga**

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

#### **CLASS PRICES AND PACKAGES:**

1 Class - \$8.52\* 10 Class Package - \$76.68\* 30-day Unlimited Class Package - \$121.61\* \*Prices 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 \$42.60\*
- Ten 50 min. sessions \$383.40\* (save \$42.60)

\*Prices include tax.

For more information, visit mutchwomenscenter.org

