

No membership, small class sizes & individual attention provided by certified fitness instructors!

CLASS DESCRIPTIONS: (All classes are 50 minutes)

Total Body Boost (Tennis required shoes)

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

Strong Bones (Tennis shoes required & chair use available)

Strengthens major muscle groups and helps to build bone density for everyday life skills.

Healthy Heart (Tennis shoes required)

Similar to Zumba, 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.

Flow Yoga

Moving through poses fluidly while connecting your breath with your movements. Improves strength, flexibility and balance.

Yin Yoga

Slow paced yoga with longer held poses and breathing that stimulates connective tissue and energy channels. A guide to inner peace and a meditative state. Increases circulation in joints and improves flexibility.

Gentle Yoga and Yoga (Chair use available)

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

Yoga Strong

Poses and movements that 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: (*Prices include tax)

1 Class - \$8.52*

10 Class Package - \$76.68*

30-day Unlimited Class Package - \$121.61*

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 Prices: (*Prices include tax)

One 50 min. session - \$42.60*

Ten 50 min. sessions - \$383.40* (save \$42.60)

For more information, visit mutchwomenscenter.org.

SANFORD
WOMEN'S

Mutch Women's Center for Health Enrichment

2025 SUMMER FITNESS SCHEDULE

(MARCH, APRIL, MAY)

To register, call (605) 328-7155.

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