

# CLASS SCHEDULE Feb 2023

Park Avenue Fitness: 218-879-3599 ([www.parktherapy.com](http://www.parktherapy.com))

Monday	Tuesday	Wednesday	Thursday	Friday	
					<b>Member's only</b> <b>Saturday Family Swim 9am to 11am</b>
9:00-10:00am <b>Pool Toning</b> Instr. Sue	8:45-9:30am <b>Pump it up</b> Instr. Kim	9:00-10:00am <b>Pool Toning</b> Instr. Sue	8:45-9:30am <b>Pump it up</b> Instr. Kim	9:00-10:00am <b>Pool Toning</b> Instr. Karen	<b>In a workout rut? Hit a Plateau?</b> <b>Hire a Certified Personal Trainer..</b> <b>1 Season Starting at \$42.50</b> <b>6 Seasons Starting at \$240.00</b>
9:15-10:00am <b>Balanced Body Basics \$\$</b> Instr. Sue E.	10:00-11:00am <b>Silver Strength</b> Instr. Kim	9:15-10:00am <b>Balanced Body Basics \$\$</b> Instr. Sue E.	10:00-11:00am <b>Silver Strength</b> Instr. Kim	11:00-11:45am <b>Chair Yoga</b> Instr. Carolyn @ Evergreen	<b>Hours:</b> <b>M, T, W, Th, F</b> <b>6am-9pm</b> <b>Pool closes at 8:45pm</b>
1:00-2:00pm <b>Silver Pool Toning</b> Instr. Toni		12:00-1:00pm <b>Hatha Yoga \$\$</b> Instr. Katie	1:00-2:00pm <b>Silver Pool Toning</b> Instr. Toni		<b>Sat: 8am-8pm</b> <b>Pool closes at 7:45pm</b> <b>Sun: 9am-4pm</b> <b>Pool closes at 3:00pm</b>
5:00-6:00pm <b>Pool Toning</b> Instr. Julie A.	4:00-4:45pm <b>Spin</b> Instr. Carolyn and Katie		5:00-6:00pm <b>Pool Toning</b> Instr. Julie A.		<b>POOL IS CLOSED FOR POOL CLASSES</b> <b>SPA JETS MAY NOT BE TURNED ON</b> <b>WHEN THERE'S A CLASS! Thank you</b>
6:00-9:00pm <b>Uchei Ruy Karate</b> <b>\$\$</b>	5:00-6:00pm <b>Private upstairs</b>  6:30-7:30pm <b>Hatha Yoga \$\$</b> Instr. Katie		5:00-6:00pm <b>Private upstairs</b>		<b>Spin Class Starting Jan. 24<sup>th</sup>!!</b>  <b>Balanced Body Basics Starting 1/9/23</b> <b>Cost \$10 per class or 7 day class pass \$60</b> <b>Classes with \$\$ will cost extra</b>  <b>Class descriptions on back</b>

# Class Descriptions

- **Pump it up:** Look great and feel great, from head to toe! Variety of exercise basics for a moderate workout. Focus on strength and training for a stronger, tighter body.
- **Silver Chair Yoga:** Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered. Designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.
- **Karate:** Uechi-Ryu Karate focusing on real life self-defense. Confidence, self-discipline and detailed one-on-one instruction will be practiced. Beginner and advanced classes offered
- **Silver Strength:** Very moderate exercise class. We'll use small balls, exercise stretch bands, and free weights. We will use chairs for ½ or more of the class time.
- **Silver Pool Toning:** Very moderate class of pool exercises and stretching, especially formulated for clients with various types of arthritis or those wanting a low intensity pool workout.
- **Pool Toning:** Intermediate level of pool exercise, which includes toning, stretching, and aerobic moves in the water using noodles, water weights, gloves, and kickboards.
- **Balanced Body Basics:** Basics in Lifting, balance, core strengthening, and stretching to increase flexibility.