

CLASS SCHEDULE 2022

Park Avenue Fitness: 218-879-3599 (www.parktherapy.com)

Monday	Tuesday	Wednesday	Thursday	Friday	
	5:45-6:45am Boot Camp Instr. Amanda & Kimber		5:45-6:45am Boot Camp Instr. Amanda & Kimber		Member's only Saturday Family Swim 9am to 11am
9:00-10:00am Pool Toning Instr. Sue	8:45-9:45am Pump it up Instr. Kim	9:00-10:00am Pool Toning Instr. Sue	8:45-9:45am Pump it up Instr. Kim	9:00-10:00am Pool Toning Instr. Karen	In a workout rut? Hit a Plateau? Hire a Certified Personal Trainer.. 1 Season Starting at \$42.50 6 Seasons Starting at \$240.00
	10:15-11:30am Silver Strength Instr. Kim		10:15-11:30am Silver Strength Instr. Kim	11:00-11:45am Chair Yoga Instr. Carolyn @ Evergreen	Hours: M, T, W, Th, F 6am-9pm Pool closes at 8:45pm
1:00-2:00pm Silver Pool Toning Instr. Toni		12:00-1:00pm Hatha Yoga Instr. Katie 12-22 to 1-19-22	1:00-2:00pm Silver Pool Toning Instr. Toni		Sat: 8am-8pm Pool closes at 7:45pm Sun: 9am-4pm Pool closes at 3:00pm
5:00-6:00pm Pool Toning Instr. Julie A.	5:00-6:00pm Private	5:00-6:00pm Pool Toning Instr. Julie A.	5:00-6:00pm Private		POOL IS CLOSED FOR POOL CLASSES SPA JETS MAY NOT BE TURNED ON WHEN THERE'S A CLASS! Thank you
6:00-9:00pm Uchei Ruy Karate					Chair Yoga will Resume April 1, 2022 Boot Camp Spring Session April 12-June 2 Class Descriptions on Back!!

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.