

2 DAYS TO GET FIT WITH JILL!

Let's move together and have fun!

Limited mobility – no worries

10:15 am – 11:15 am

TUESDAYS April 9, 16, 23, 30, May 7, 14, 21, 28, June 11, 18
(*No class June 4)

- Warm-up with 30 minute dance fitness
- 15 minute light weights
- 15 minute cool down with balance and stretch

Fee: 10 classes = \$100

Senior: \$75

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BARRE STRETCH CLASS

11:15 - Noon

FRIDAYS, April 12 – May 31

Increase your range of motion in a beginner low-impact Barre class focusing on improving flexibility and balance with Jill!

A warm-up to prepare your muscles for stretching

- A series of barre exercises to target all major muscle groups
- A variety of stretches to improve your range of motion and balance
- A cool-down to help your body relax

Fee: 8 classes for \$80

Senior Rate = \$60