



# Fall Fitness Classes

**8 WEEK CLASSES**

*Session One: August 25-October 20*

*Session Two: October 27-December 22*



## Morning Sunrise Stretch, Trim, and Tone

Monday/Wednesday 6 am- 7 am

8/25-10/20: Session One-No class September 1

10/27-12/22: Session Two-No class November 26

Rise and shine for better flexibility, muscle strength, and create a sculpted upper and lower body.....\$66

## Morning Movement for Life -New Time!

Tuesday/Thursday 8:30 am - 9:15 am

8/26-10/16: Session One

10/23-12/18: Session Two-No class November 27

Increase total body muscle strength and range of motion with emphasis on balance, coordination, strength and flexibility.....\$50

## Mid Day Yoga Stress Break

Monday/Wednesday 12:15 pm - 1 pm

8/25-10/20: Session One-No Class September 1

10/27-12/22: Session Two-No Class November 26

Take a mid-day break and come enjoy head to toe stress relieving, strength building exercises.....\$50

## Light'n Up-New Time!

Wednesday 5:10 pm - 5:55 pm

8/27-10/15: Session One

10/22-12/17: Session Two-No Class November 26

Low impact cardiovascular and strength training movements. ....\$30

## Dyno- Mix Fitness

Mondays/Wednesdays 6 pm - 7 pm

8/25-10/20: Session One-No Class September 1

10/27-12/22: Session Two-No Class November 26

Dynamic mix of cardio and strength. Enjoy a variety of formats, styles and intensity levels, including kick boxing, aerobics, toning and balance .....\$66

## Strengthen and Stretch-

Tuesday/Thursday 4:30 pm- 5:30 pm

8/26-10/16: Session One

10/23-12/18: Session Two-No Class November 27

This class emphasizes- flexibility and strength! Upper and lower body exercises using a variety of equipment .....\$66

## Saturday Morning Cardio Core Express-

Saturday 9 am - 10 am

9/6-10/25: Session One

11/1-12/20: Session Two

Kick start your weekend with a focus on cardio and core ..... \$34

No refund given once class begins. Withdraws must be made three business days prior to class beginning for a refund.

Minimal fitness level needed to begin each class.

## TO REGISTER:

Call 481-6619 or go to [www.ipfw.edu/dcs](http://www.ipfw.edu/dcs)

10% discount for 2<sup>nd</sup> class registration!

Register at least 3 days prior to first day of class.

IPFW Employee, Retiree, and Spouses

receive a \$10.00 discount

Eligible employees can use 90% class participation towards a Healthy Purdue Purple Apple.

All classes sign in at Hilliard Gates Customer Service desk and will meet on the aerobics floor.