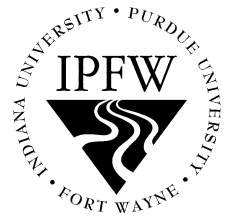


**Sign Up
Today!**

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Fitness Classes Winter/Spring 2002

NEW! Weigh To Go

M & W ... 5:45-6:45 pm Instructor: Beau Krafft (C.A.I.)

NEW class . . . Weigh to GO!

A low impact workout that will burn calories and burn fat for weight loss. This upbeat and fun class will offer easy-to-learn fitness steps for pound reduction. Minimal fitness level is desired but not required.

Session 1: January 23-March 18 (16 sessions) \$44.00 • **Session 2:** March 25-May 15 (16 sessions) \$44.00

Total Body Conditioning

M & W ... 7:00-8:00 pm Instructor: Emily McIntyre (C.A.I.)

A unique blend of cardiovascular conditioning, muscle toning, and balance development using various forms of movement. 60-minute classes will combine the use of steps, hand weights, and your own body for resistance. No two classes will be the same. No step training is required, yet minimal fitness level is desired.

Session 1: January 23-March 18 (16 sessions) \$44.00 • **Session 2:** March 25-May 15 (16 sessions) \$44.00

NEW! Yoga Fitness

M & W ... 6:15-7:00 am Instructor: Mary Newell (C.A.I.)

Start your day well with a total body workout that will create a leaner and stronger body. Movements will reduce stress, improve posture, and take you to a higher level of fitness. There will be a combination of aerobic exercises, strength training, and flexibility building yoga poses. Minimal fitness level is required.

Session 1: January 23-March 18 (16 sessions) \$44.00 • **Session 2:** March 25-May 15 (16 sessions) \$44.00

NEW! Dyno-Mix Fitness

T & Th ... 5:45-6:45 pm Instructor: Lynda Bradley (C.A.I.)

Come enjoy a dynamic mix of cardiovascular and strength conditioning. This 60-minute class offers a variety of formats, styles, and intensity levels for cross training and ultimate fun. Classes will include step, kick boxing, traditional aerobics, muscle toning, and balance training. Minimal fitness level is desired.

Session 1: January 22-March 14 (16 sessions) \$44.00 • **Session 2:** March 26-May 16 (16 sessions) \$44.00

Strength and Tone Express

T & Th ... 7:00-7:30 pm Instructor: Lynda Bradley (C.A.I.)

Plan to join this trimming and toning class for better body strength from head to toe. Exercises for all muscle groups will be offered. Various resistance equipment like hand weights, tubes, and stability balls will be used. Minimal fitness level is desired.

Session 1: January 22-March 14 (16 sessions) \$30.00 • **Session 2:** March 26-May 16 (16 sessions) \$30.00

Saturday Circuit of Surprises

Saturdays ... 9:00-10:00 am Instructor: IPFW Staff

Week by week, enjoy a different workout! Classes will include step training, hand weights, resistance bands, freestyle aerobics, floor exercises and much more. Don't miss out on the surprises.

Minimal fitness is required.

Session 1: January 26-March 23 (8 weeks) \$29.00 • **Session 2:** March 30-May 18 (8 weeks) \$29.00

→Classes meet in the Fitness/Conditioning Room of the IPFW Hilliard Gates Sports Center.
Pre-register through Continuing Education, Kettler Hall, Room 145.
For further information, please call 481-6619.