



NEW FITNESS CLASS

Starting January 2nd Tuesday and Thursday 9:45am

LOW IMPACT FUNCTIONAL TRAINING: L.I.F.T. is a 55 minute class that works every major muscle group to contemporary motivating music with options to suit every ability. Using light to moderate weights, while performing high repetitions this class gives you a total body work-out. You will burn calories, shape and tone your entire body. Functional strength training exercises teach muscles to work as a coordinated unit to make every day movements that require strength and coordination easier. This class will Increase your core strength and flexibility, improve your bone health and reduce your risk of injury when you do every day activities.

Get lean, toned and fit – fast with LIFT!