



**fitness
personal training**

Healthy Bodies • Healthy Souls

MAKING YOU AWESOME



Connie J. Udell
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SOL Fitness offers a variety of classes! Call for class prices. Drop-in fee or discounted punch pass cards available for use on all classes! Always call ahead to see if a class is being held or check on Facebook at SOL Fitness and Personal Training!

TABATA: A high intensity/short interval training class that works the full body with a high calorie burn! Class for the moderate to higher level of fitness level. Fantastic motivational music! Uses a variety of fitness equipment to keep the format new and challenging! Sunday at 9AM. Taught by Certified Trainer Connie Udell

In/Out in 50: A 50 minute class that covers all fitness components; strength/cardio and stretching all in 50 minutes! Monday and Thursday at 6PM. Taught by Certified Trainer Connie Udell.

Pilates: A class designed to train the core and stretch out the muscles making us more lean and flexible. Tuesday 6PM/Thursday 7PM. Taught by Kim Childs. **On a break currently – call for new start up date!

Let's Do Yoga Dog: An interactive parent-child class incorporating adult and child's play to give both a well-rounded workout! We will use yoga poses, dance moves, all sorts of fitness equipment to let ourselves go and have fun! Mondays at 9:30AM COST: \$5.00 per parent/child.

FREE CLASS! BEACH BODY VARIETY: Beach Body Coach Susan Sellman is available to coach you thru a variety of classes. By appointment, get together a group of friends.

PARKINSON'S/SENIOR FITNESS: Balance, strength, cardio, voice usage, coordination – we work on all issues those with Parkinson's struggle with, while sharing laughs and concerns. Sponsored by NeuroFit NetWorks to implement Exercise4BrainChange principles of practice that have been shown in research to optimize brain repair; brain reorganization, and skill acquisition for individuals with Parkinson's Disease! Connie completed a two-day training at Aurora-Sinai Hospital, Milwaukee designed specifically for those with PD. This is a Wisconsin Parkinson Association and APDA approved training! More info @ NeuroFit NetWorks website at nfnr.org