



CLASSES

GROUP FITNESS

YOGA - work on balance, strength, flexibility

RECOVERY YOGA - stretch and release hips and spine

RESTORATIVE YOGA - relieve stress and anxiety

SENIOR FIT - 50 & up; lifestyle fitness, mobility, balance, flexibility, strength

AQUA BLAST- plyometrics, focused on increasing heart rate and strengthening muscles; for all ages and fitness levels

AQUA FIT - water resistance aerobic exercise; bring suit & towel

Don't forget to check in at the front desk! Just tell them you're an OTM member.

WALK AWAY THE #s

Follow along to these heart-healthy walking videos

WALK IT WEDNESDAYS

GWC indoor walking track, all day 5a-11p; 11 laps = 1 mile

FREEBIE FRIDAYS

Enjoy all that GWC has to offer ALL DAY for FREE

Our classes are meant for any level of fitness and can be modified for everyone. Arrive early to chat w/ instructor.

LOCATIONS

GWC - Gaukler Wellness Center

HAC - Hi-Liner Activity Center

REC - VC Parks & Rec Center

b-Fit 24/7 - 323 Central Ave N

Don't forget to check in at the front desk! Just tell them you're an OTM member!

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Must pre-register for COOKING CLASS @ GWC. Call 845-3294 or visit vcparks.com					1 AQUA FIT 9a @ GWC b-Fit 24/7 FREE 1-4p	2
3	4 WA #s 11:30a @ HAC	5 SENIOR FIT 10a @ GWC WA #s 11:30a @ HAC	6 WALK IT WEDS @ GWC RECOVERY YOGA 12p @ GWC Physical Activity Leads to Health 2:00p @ Bridgeview	7 REVOLUTION 610a @ GWC WA #s 11:30a @ HAC	8 b-Fit 24/7 FREE 1-4p	9
	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p	
10 RESTORE YOGA 2p @ GWC	11 WA #s 11:30a @ HAC	12 SENIOR FIT 10a @ GWC WA #s 11:30a @ HAC	13 WALK IT WEDS @ GWC	14 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	15 AQUA FIT 9a @ GWC b-Fit 24/7 FREE 1-4p	
	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p	b-Fit 24/7 FREE 1-4p		THANK YOU for joining ON THE MOVE 2019!	

INCLEMENT WEATHER - Listen to KOVC 1490 AM
845-8518 | barnesonthemove.org