



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

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FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Must pre-register for COOKING CLASS @ GWC. Call 845-3294 or visit vcparks.com					1 FREEBIE FRI @ GWC <i>Equipment Orientation 10a @ GWC</i> b-Fit 24/7 FREE 1-4p	2
3	4 WA #s 11:30a @ HAC YOGA FLOW 515p @ GWC b-Fit 24/7 FREE 1-4p	5 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	6 WALK IT WEDS @ GWC AQUA FIT 1015a @ GWC Nutrition Class: Eating Smart and Healthy 2:00p @ Bridgeview b-Fit 24/7 FREE 1-4p	7 WA #s 11:30a @ HAC SENIOR FIT 10a @ GWC b-Fit 24/7 FREE 1-4p	8 b-Fit 24/7 FREE 1-4p	9
10 RESTORE YOGA 2p @ GWC	11 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	12 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	13 WALK IT WEDS @ GWC AQUA FIT 1015a @ GWC CYCLING 430p @ GWC Concept Cooking Class: Comforting Casseroles 11:30a @ GWC Party Room** b-Fit 24/7 FREE 1-4p	14 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	15 FREEBIE FRI @ GWC b-Fit 24/7 FREE 1-4p	16
17	18 NO SCHOOL NO WA #s b-Fit 24/7 FREE 1-4p	19 WA #s 11:30a @ HAC SENIOR FIT 10a @ GWC b-Fit 24/7 FREE 1-4p	20 WALK IT WEDS @ GWC RESTORE YOGA 7p @ GWC Nutrition Class: Eating Smart and Healthy 2:00p @ Legacy Place b-Fit 24/7 FREE 1-4p	21 WA #s 11:30a @ HAC Equipment Orientation 11a @ GWC b-Fit 24/7 FREE 1-4p	22 b-Fit 24/7 FREE 1-4p	23 LAP SWIM 10a-1p @ GWC
24	25 WA #s 11:30a @ HAC FREE ADMIT. 6-8p @ GWC b-Fit 24/7 FREE 1-4p	26 WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	27 WALK IT WEDS @ GWC RECOVERY YOGA 1210p @ GWC b-Fit 24/7 FREE 1-4p	28 WA #s 11:30a @ HAC AQUA BLAST 1p @ GWC b-Fit 24/7 FREE 1-4p	INCLEMENT WEATHER - Listen to KOVC 1490 AM 845-8518 barnesonthemove.org	