



ARC offers a variety of group exercise classes that cover all the basics of a well-rounded workout: balance, strength training, aerobics, flexibility and more. Join any one of them to improve your health through improving on these fitness fundamentals.



## CLASS DATES/TIMES/PRICES

### CORE 'N MORE

Saturday, 9:00 - 9:50 AM  
Cost: \$15

### LOW & SLOW

Tuesday & Thursday, 9:15-10:00 AM  
Cost: \$15, \$30

### PEPS

Monday, Wednesday, Friday, 9:10-10:00 AM  
Cost: \$18, \$30, \$36

### B FIT

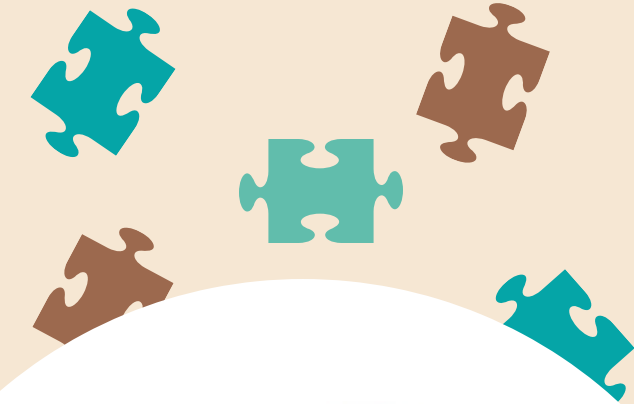
Monday, Wednesday, Friday, 8:15-9:00 AM  
Cost: \$18, \$30, \$36

### GROUP TRAINING

Tuesday & Thursday, 5:30-6:30 PM  
Cost: \$30, \$50

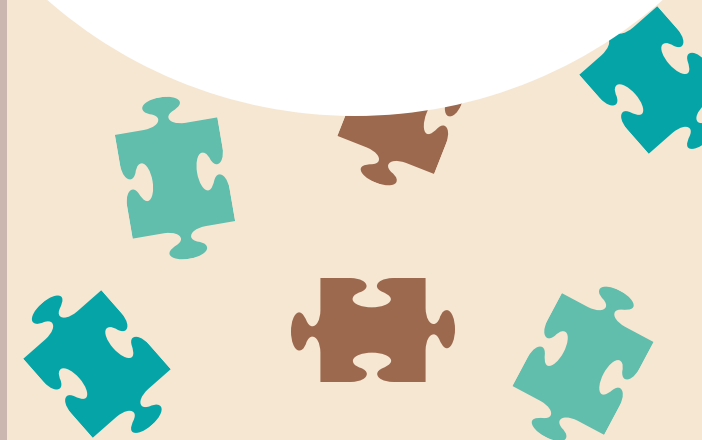
### SENIOR CIRCUIT

Tuesday & Thursday, 8:00 - 9:00 AM  
Cost: \$18, \$36



# Fitness Fundamentals

Classes that cover all the basics



## CORE 'N MORE

This is a high-impact aerobic class for seniors that targets all the major muscle groups. In addition to aerobics, the class uses dyna-bands, light hand weights and exercise balls for strength training.

Meet Your instructor:  
Lynn McEvoy



## LOW & SLOW

"I worked every muscle in my body, but it was so much fun that I forgot I was doing exercise...and I wasn't sore the next day!" Low & Slow is a gentle exercise choreographed to all kinds of music. Music changes weekly so you never get bored!

Meet Your Instructor:  
Susan Palmer



## B FIT

This class provides a full-body workout creating cardiovascular endurance and overall increased strength. It will incorporate cardio segments and strength training segments utilizing free weights, resistance bands, balls & more.

Meet Your instructor:  
Lynn McEvoy



## GROUP TRAINING

Participants will work individually, in pairs, and as a group. Equipment (dumbbells, resistance bands, Bosu balance trainer medicine ball) and mats provided. Just bring yourself, a water bottle and a hand towel. Prepare to improve cardio, strength and flexibility while having fun and meeting new people.

Meet Your instructor:  
Renae Friguglietti



## PEPS

This is a low-impact aerobic class for seniors that targets all the major muscle groups. In addition to aerobics, the class uses dyna-bands, light hand weights and exercise balls for strength training.

Meet Your instructor:  
Lynn McEvoy



## SENIOR CIRCUIT

A low-impact circuit just for seniors. Strengthen & tone with weights & bands for cardio, balance & flexibility. Join me for a great full-body workout. Talking and laughing is encouraged as you work at your own pace to keep in shape.

Meet Your instructor:  
Renae Friguglietti

