

Group Fitness Classes

Ongoing Class Schedule

Programming empowered by Coleman Family Center



The HUB of
ACTIVITIES
for All Ages
& All Interests

✳ Call Coleman Family Center 989-465-2079 for information about Group Fitness Classes & Punch Cards

Fun Fitness for Teens & Adults, Women & Men

✳ *It's easy and affordable to "drop-in" and try out any fitness class. Give it a try & have some fun!*

DANCE MIX • 2 SESSIONS EACH WEEK

Monday and Wednesday 10:00 – 11:00 a.m.

Location: Multipurpose Room

Cost: \$50 punch card – 11 punches; or \$5 drop-in

We love all forms of dance and all forms of dancers. Come and experience all that Beaverton Activity Center's adult drop-in program has to offer. Our classes are perfect for polishing your skills, trying something new or just getting in shape.

TOTAL BODY FUSION • 2 SESSIONS EACH WEEK

Tuesday 6:15 – 7:00 p.m.

Thursday 4:15 – 5:00 p.m.

Location: Multi-Purpose Room

Cost: \$50 punch card – 11 punches; or \$5 drop-in

No equipment needed for this class. This class will focus on HIIT training. High Intensity Interval Training has become a popular way to burn more calories, improve endurance, and build strength. Every move can be modified to make it doable for every fitness level. But for those wanting to really work hard, this is the workout for you!

JUMPS • 3 SESSIONS EACH WEEK

Monday 4:45 – 5:45 p.m.

Wednesday 6:15 – 7:15 p.m.

Saturday 9:30 – 10:30 a.m.

Location: Multipurpose Room

Cost: \$50 punch card – 11 punches; or \$5 drop-in

A safe, energetic, fun and motivating aerobic program, for both men and women, and using rebound boots, is taught to music. The rebound boots generate a trampoline-like feeling of weightlessness that not only increases the Fun-Effect, but more importantly decreases joint stress. Do all your favorite dance moves while you bounce along to easy to follow choreographed routines.

✳ *Rental rebound boots will be available. Must reserve boots in advance so everyone is guaranteed boots for that day.*

Contact Kayti for boots: 989-426-3421

YOGA • 2 SESSIONS EACH WEEK

Monday "Restorative Yoga" 6:30 p.m. – 7:30 p.m.

Thursday "Vinyasa Yoga" 6:30 p.m. – 7:30 p.m.

Location: Multipurpose Room

Drop-in: \$7 per class

Yoga strengthens balance, detoxifies and exhilarates the body and mind leaving you feeling revitalized! No experience necessary.

Monday: "RESTORATIVE YOGA" will allow you to achieve physical, mental and emotional relaxation. The aid of props will make it easier to maintain balance while stimulating and relaxing your body.

Thursday: "VINAYASA YOGA" is a discipline that utilizes postures and breathing techniques offering a range of benefits, encompassing the mind, body and spirit.

✳ CONVENIENT & AFFORDABLE FITNESS PUNCH CARD

- \$50 Punch Card - 11 sessions of Dance Mix, Fusion or Jumps
- \$68 Punch Card - 8 sessions of Yoga
- Unused punches can be applied to future classes.
- Call (989) 465-2079 or purchase at class.
- Pay by check, credit card or cash (exact amount).



Beaverton Activity Center