

MILO RECREATION DEPARTMENT OFFERS FITNESS CLASSES

Wednesday, April 28 – June 9, 2010

Milo Town Hall, Wingle Auditorium

YOGA - Wednesday 6:00 – 7:00 pm

This non-competitive class is just what your body needs in a busy and demanding world. Let the practice help you to improve strength and flexibility while providing insight into your ability to calm spirit, mind & body. Yoga can make a tremendous impact on the way you move and feel. Come join me and others who have discovered that Yoga does make a difference ! Yoga or exercise mat required.

Seven week session - \$40.00 (Walk-Ins are Welcome - \$8.00)

Group Strength & Cardio - Wednesday 5:00 – 5:45 pm

Using hand weights, stability balls and exercise bands for resistance to strengthen muscles, ligaments and joints. Weight training can change body appearance, make everyday chores easier, help prevent injuries, raise metabolism and help to slow down bone loss as we age. Add cardio to the mix and we burn calories like mad ! Hand weights are required.

Seven week session - \$25.00 (Walk-Ins are Welcome - \$5.00)

Take both classes for \$60.00 !

A comfortable class atmosphere in which to exercise.

Cindy Herbest is a Certified Group Fitness Instructor with over 20 years experience in Health and Fitness, teaching classes through the Milo Recreation Department since 1985.

For more information, please contact Cindy at 943-2630