

## **PAC Fitness Classes Fall 2017**

**Yoga:** For those who have never tried yoga before as well as more seasoned participants. Beginners will be introduced to the basic principles of yoga and begin to strengthen the mind and body. More advanced participants will also find a great strengthening workout with instructor led modifications. Classes offered on Mondays and Wednesdays from 7am to 8am in Fitness Studio 2. Cost is \$72 for 24 classes.

Class Dates: September 18 - December 6

**Tai-Chi:** A gentle way to fight stress. Meditation in motion, tai-chi promotes serenity through gentle, flowing movements performed in a slow, focused manner and accompanied by deep breathing. The regular practice of tai-chi not only slows down the effects of aging and boosts the immune system, but it also brings the entire body, organs, and nerves into harmony with natural cycles, rhythms, and forces. Classes offered on Mondays and Wednesdays from Noon to 1 pm in Fitness Studio 1. Cost is \$72 for 24 classes.

Class Dates: September 18 - December 6

**Strength and Conditioning:** For those looking for a complete body workout. The class is fast paced and will focus on different muscle groups. Exercises designed to get energy moving and burn calories. This is perfect for those who want to condition and learn about the fundamentals of body strength and movement.

Classes offered on Tuesdays and Thursdays from 6am to 7am in Fitness Studio 1. Cost is \$72 for 24 classes.

Class Dates: September 19 - December 12 (no class on November 23)

**Kickboxing:** A great workout for everyone interested in improving fitness and stamina. This class is flexible to serve the needs of everyone – beginners will get into shape and more advanced participants will be challenge to improve. The class format integrates combinations of muscle and motion exercises to strengthen and tone. Classes offered on Tuesdays and Thursdays from Noon to 1pm in Fitness Studio 1. Cost is \$66 for 22 classes.

Class Dates: September 19 - December 12 (no class on October 19, 24 & November 23)

**Zumba:** A dance fitness party! Fun and easy to do, Zumba is a total workout combining cardio, muscle conditioning, balance and flexibility. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. Classes will be offered on Tuesdays and Thursdays from Noon to 1pm in the Bo Ryan Gym. Cost is \$72 for 24 classes.

Class Dates: September 19 - December 12 (no class on November 23)

**Sign up at the PAC administrative office, room 134 Williams Fieldhouse. We accept cash or check.**