

# Spring Fitness Classes

8-Week Session Begins May 1st and runs through June 29th

Classes held at Scheurer Professional Center, 135 N. Caseville Road, Pigeon

Mondays	11:00 - 11:45 am Senior Fit - \$35 4:30 - 5:00 pm Step Aerobics - \$21 5:15 - 5:45 pm Xtreme Cardio - \$21 6:00 - 7:00 pm Strength Circuit - \$42
Tuesdays	5:15 - 5:45 pm Yoga - \$24 6:00 - 7:00 pm Rotating Kickboxing Workouts - \$48
Wednesdays	11:00 - 11:45 am Senior Yoga - \$40 4:30 - 5:15 pm Barre Class - \$40 5:30 - 6:00 pm Mini Tramp & Strength Circuit - \$24 6:15 - 7:15 pm 30/30 (30 minutes of Tabata & 30 minutes of Strength Training) - \$48
Thursdays	4:30 - 5:15 pm Pilates - \$48 4:30 - 5:30 pm Water Classes at Sandy Shores (Call 989.856.3004 to register) 5:30 - 6:00 pm Medicine Ball Circuit - \$24

***Scheurer***  
Better Health. Better Life.

To register, call Jeanne at 989.453.5228.

*No classes May 29th, 30th, 31st, June 19th and 22nd*