

virtual fitness class offerings

To help you stay on track, or get back on track, to meet your fitness goals we are offering classes via Zoom. Join some of your favorite instructors as they help you on your journey to wellness.



- \$10 per month Half Hour Power class only
- \$12 per month Seated Strength class only
- \$20 per month for one class
- \$30 two classes
- \$40 three classes
- \$45 four or more classes

- Start at any time, the monthly cost will be prorated
- CMC staff: Take advantage of your 15% discount

Call to register: **603.626.2626**

online workouts—Jan 2022

fitness classes

Virtual Strong Core & More

Mondays 9 AM (no class **Jan 10**)
Tuesdays 5:30 PM
Instructor: Kim Lowell

Seated Strength, Flexibility & Balance

Wednesdays 10:30 AM
Instructor: Kim Lowell

Virtual Barre—Active Aging

Wednesdays 8:30 AM
Instructor: Kim Lowell

Half Hour Power

Tuesdays 6 AM
Thursdays 6 AM
Instructor: Kim Lowell

Half Hour Low Impact Cardio

Tuesdays 7:30 AM
Instructor: Kim Lowell
Thursdays 7:30 AM
Instructor: Kim Lowell

Virtual Barre

Fridays 9 AM (no class **Jan 7**)
Instructor: Kim Lowell

yoga

Virtual Gentle Yoga

Tuesdays 6:30 PM
Instructor: DD Travers
Thursdays 8:30 AM
Instructor: Patty Ziemba
Saturdays 8 AM
Instructor: DD Travers