

# 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

- Bonus class—sign up for any class and add Half Hour Power for only \$5 per month
- 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—August 2021

### fitness classes

#### Virtual Strong Core & More

Mondays 9 AM or  
Tuesdays 5:30 PM  
Instructor: Kim Lowell

#### Seated Strength, Flexibility & Balance

Wednesdays 10:30 AM  
Instructor: Kim Lowell

#### Virtual Barre for the Active Aging

Wednesdays 9 AM  
Instructor: Kim Lowell

#### Virtual Barre

Fridays 9 AM  
Instructor: Kim Lowell

### yoga

#### Virtual Gentle Yoga

Mondays 8:00 AM  
Aug 9, 16, 23  
Instructor: DD Travers

Tuesdays 6:30 PM  
Instructor: DD Travers

Thursday 8:30 AM  
Aug 5 ONLY  
Instructor: Patty Ziemba

Saturdays 8:00 AM  
Aug 14, 21, 28  
Instructor: DD Travers

#### Please note:

**No virtual classes Aug 30–Sep 4**



# Wellness & Fitness