

virtual fitness class offerings

January 2023

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.

These virtual classes are suitable for **all fitness levels**—if you're just getting starting or a seasoned pro!



\$10 per month—half hour classes
\$15 per month—seated strength
\$20 per month—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: Save 15% on all classes

Call to register: **603.626.2626**

fitness classes

Power Pump Strength

Mondays 8:30 AM
Instructor: Kim Lowell

Low Impact Cardio & Strength

Thursdays 3:30 PM
Instructor: Sandy Turcotte

Half Hour Low Impact Cardio

Mon & Wed 7:30 AM
Instructor: Kim Lowell

Half Hour Power

Tue & Thu 6 AM
Tue & Wed 5:30 PM
Instructor: Kim Lowell

Seated Strength/Cardio

Tuesdays 8:30 AM
Instructor: Kim Lowell

Virtual Barre—Active Aging

Wednesdays 8:30 AM
Instructor: Kim Lowell

Virtual Barre

Fridays 8:30 AM
Instructor: Kim Lowell

Walking Together—Livingston Park

Tuesdays 11:30 AM

yoga

Virtual Gentle Yoga

Thursdays 8 AM
Instructor: Patty Ziemba
Saturdays 8 AM
Instructor: DD Travers

Please note: The class schedule is subject to change.



Wellness & Fitness