

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—July 2021

fitness classes



Please note—there will be **no** Barre, Half Hour Power or Strength classes held July 10–16.

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

Half Hour Power

Thursdays 6 AM or
Saturdays 7:30 AM
Instructor: Kim Lowell

Virtual Barre

Fridays 9 AM
Instructor: Kim Lowell

yoga

Virtual Gentle Yoga

Tuesdays 6:30 PM
Instructor: DD Travers

Thursdays 8:30 AM
Instructor: Patty Ziemba

Saturdays 8:00 AM
Instructor: DD Travers



Wellness & Fitness