

virtual fitness class offerings

Oct–Dec 2022

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**



Wellness & Fitness

fitness classes

Power Pump Strength

Mondays 8:30 AM
 Tuesdays 5 PM
 Instructor: Kim Lowell

Half Hour Low Impact Cardio

Mondays 7:30 AM
 Wednesdays 7:30 AM
 Instructor: Kim Lowell

Half Hour Power

Tuesdays 6 AM
 Wednesdays 5:30 PM
 Thursdays 6 AM
 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

new!

yoga

Virtual Gentle Yoga

Mondays 5 PM
 Instructor: Joyce
 Thursdays 8:30 AM
 Instructor: Patty Ziemba
 Saturdays 8 AM
 Instructor: DD Travers

new!

Seated Tai Chi & Meditation

Tuesdays 4 PM
 Instructor: Sandy Turcotte

Please note: The class schedule is subject to change. No class on Thanksgiving & Christmas day.