

# virtual fitness class offerings

## September 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**

## 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

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.



# Wellness & Fitness