

2022 FALL SCHEDULE (SEPTEMBER-NOVEMBER)

Mutch Women's Center for Health Enrichment

To register, call (605) 328-7155

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
 7:30-8:20am Total Body Boost with Jen		7:30-8:20am Core and More with Jen			
 9-9:50am Strong Bones with Jen	9-9:50am Gentle Yoga with Marie	 9-9:50am Strong Bones with Jen	9-9:50am Gentle Yoga with Jen	9-9:50am Yoga Strong with Alicia	8:30-9:20am Rotating Yoga and Healthy Heart (Zumba)
10:30-11:20am Toning Time with Jen	10:30-11:20am Mve Chair Pilates with Jen	 10:30-11:20am Total Body Boost with Jen	10:30-11:20am Mve Chair Pilates with Jen	10:30-11:20am Restorative Yoga with Alicia	
EVENING CLASSES					
 5:30-6:20pm Healthy Heart (Zumba) with Patricia	5:30-6:20pm Yoga with Alicia		5:30-6:20pm Yoga with Alicia		

No membership, small class sizes & individual attention provided by Certified Fitness Instructors

CLASS DESCRIPTION: (ALL CLASSES ARE 50 MINS)

Core n More

Focus on engagement of the deep and superficial muscles of the core to increase pelvic floor health, overall function and stability.

Total Body Boost (Please plan to wear tennis shoes for safety.)

Intervals of HIIT (High Intensity Interval Training) cardio and strength training to give you a total body workout.

Strong Bones (Please plan to wear tennis shoes for safety.)

Strengthen major muscle groups/ build bone density for everyday life skills. (Chair is available)

Healthy Heart (Please plan to wear tennis shoes for safety.)

"Zumba" like class with high/ low intensity dance moves to get heart rate up, boost cardio endurance, and tone the body.

Toning Time

Blend of Barre, Yoga, and Pilates to tone the body while improving balance, posture & flexibility.

MVe Chair Pilates

Resistance training to build strength, balance and endurance using the joint-friendly Pilates reformer chair.

Gentle Yoga (Chair is available) and Yoga

Relax and re-energize to increase posture, strength, balance and decrease stress.

Yoga Strong

Power flow yoga using resistance to increase bone/ muscular strength, balance, cardiovascular endurance and mental clarity. Class is taught by a Clinical psychologist/ Certified Yoga Instructor.

Restorative Yoga

A restful practice to elicit tension release in the body through a sequence of passive postures. Includes meditation and mindful exercise to improve brain health. Class is taught by a Clinical psychologist/ Certified Yoga Instructor.

CLASS PRICE: (*Prices do not include tax)

One class- **\$10***

10 Class Package- **\$85***

30-day Unlimited Class Package- **\$115***

PERSONAL FITNESS COACHING:

Provided by a Certified Exercise Specialist

- A personalized exercise plan you can do at home.
- Guidance on proper exercise form, lifting and improvement in everyday tasks to avoid injury.
- Tips to increase energy, improve balance and tone your core.
- Guidance on proper posture.

INDIVIDUAL COACHING PRICE: (*Prices do not include tax)

- One 50 min. session- **\$40***
- Ten 50 min. sessions- **\$360* (SAVE \$40)**

SANFORD
WOMEN'S

For more information on classes, events and services visit www.mutchwomenscenter.org