



## WHAT 26 YEARS OF A HEALTHY REGIMEN CAN DO FOR YOU!

*(Continued from front page)*

Very important! A person will be more motivated in activities when they are in a group in which they feel that they can relate to one another- They are also more likely to enjoy their participation in that activity when there is a friendly, positive atmosphere.

### How much longer do you want to continue exercising?

“Well, I don’t know, I might stop when I am 100!”

### What is something you are proud of?

“When I meet people that I used to work with or other people in the community and they greet me as a friend.”

### What is something you would still like to do?

“Travel- Shirley and I have been to Europe, traveled around to various places, but we have a motor home and want to see the rest of the United States!”

### What do you like in Mount Airy as it relates to recreation?

There is an opportunity for everyone to participate in something!

### Final thoughts?

“I owe it all to exercise and good, clean living!”

## CLASS DESCRIPTIONS

**Ab Attack:** 30 minutes of core exercise designed to increase strength and tone of your mid-section. Do some crunches during your lunch break on Wednesday & Friday!

**Cosmic Cycling:** Strap in and let’s spin! This stationary bike cycling class is sure to spin those calories out. Listening to upbeat music in a room full of black lights, you will truly get a unique vibe while you work out in this “Cosmic Class.” All abilities are welcome.

**Aerobics:** It will only take 1 hour out of your day to get a great cardio workout. Enjoy yourself while you work it out and tone it up in aerobics! Beginners are welcome.

**Pilates:** Don’t let this low-impact class fool you. You will increase muscle flexibility, balance, strength, and tone. Give it a shot, you won’t regret it!

**Yoga:** This class offers wonderful health benefits. Calm your mind and reduce your anxiety while increasing balance, strength and flexibility. Applies to all ages and abilities.

**Fitness, Friends and Fun:** You never have to grow old. Current participants range in age from 55-96. These folks are staying healthy and having fun in the process. Seniors are welcome!

**TurboKick:** This class will work muscles you never even knew you had while burning a ton of calories. It’s like kickboxing with a Kick!

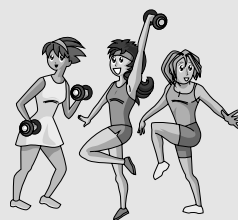
**CHISEL:** NEW!!! 30 minute class designed to tone and/or build muscle, increase strength and metabolism, and help you feel better about yourself!

**Teen Cosmic Cycling:** NEW!!! This Cosmic Cycling class targets ages 12 and up and is a fun way to get in shape! Come try it!

**Fusion:** A high-intensity cardio workout designed to help you shed those extra pounds or stay in tip-top shape!

**Stability Ball:** Achieve core strength, tone, increase balance and flexibility. Great for the full body and especially the mid-section. Stability Ball is a fun way to get in shape.

### Monday



5:30AM-6:30AM  
5:30AM-6:30AM  
9:00AM-10:00AM  
9:00AM-10:00AM  
9:30AM-11:00AM  
12:15PM-1:00PM  
12:15PM-1:00PM  
5:30PM-6:30PM  
6:00PM-7:00PM

Turbo Kick  
Cycling  
Cycling  
Turbo Kick  
Fitness, Friends & Fun  
Toning and Abs  
Cycling  
Aerobics  
Cycling

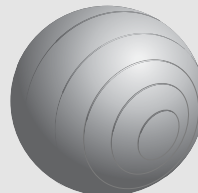
### Tuesday



5:30AM-6:30AM  
5:30AM-6:30AM  
8:30AM-9:30AM  
9:00AM-10:00AM  
10:00AM-11:00AM  
12:15PM-1:00PM  
4:00PM-5:00PM  
5:30PM-6:30PM  
6:00PM-7:00PM  
6:30PM-7:30PM  
7:00PM-8:45PM

Yoga  
Cycling  
Pilates  
Fusion  
Yoga  
Stability Ball  
Teen Cycling (AGE 12+)  
Aerobics  
Pilates  
Cycling  
Karate

### Wednesday



5:30AM-6:30AM  
5:30AM-6:30AM  
9:00AM-10:00AM  
9:00AM-10:00AM  
9:30AM-11:00AM  
10:15AM-10:45AM  
12:15PM-12:45PM  
5:30PM-6:30PM  
6:00PM-7:00PM

Turbo Kick  
Cycling  
Cycling  
Aerobics  
Fitness, Friends, & Fun  
CHISEL  
Ab Attack  
Aerobics  
Cycling

### Thursday



5:30AM-6:30AM  
5:30AM-6:30AM  
8:30AM-9:30AM  
9:00AM-10:00AM  
10:00AM-11:00AM  
12:15PM-1:00PM  
12:15PM-1:00PM  
5:15PM-6:15PM  
6:00PM-7:00PM  
6:30PM-7:30PM  
6:30PM-7:30PM  
7:00PM-8:45PM

Yoga  
Cycling  
Pilates  
Fusion  
Yoga  
Stability Ball  
Cycling  
Turbo Kick  
Pilates  
Cycling  
Yoga  
Karate

### Friday



5:30AM-6:30AM  
5:30AM-6:30AM  
9:00AM-10:00AM  
10:00AM-11:00AM  
10:15AM-11:00AM  
12:15PM-12:45PM  
5:30PM-6:30PM  
5:30PM-6:30PM

Turbo Kick  
Cycling  
Aerobics  
Yoga  
Cycling  
Ab Attack  
Aerobics  
Cycling

### Saturday

8:00AM-8:30AM  
8:30AM-9:30AM  
9:00AM-10:00AM  
10:00AM-11:00AM

CHISEL  
Turbo Kick  
Cycling  
Meditation