

Forever Virtually Fit – for all ages and fitness levels

Cultivate joy and wellbeing with this engaging friendly fitness and wellness group!

“All great achievements require time”
- Maya Angelou. The past months have taken a toll on our health: emotionally, mentally and physically. It’s time to make a commitment to yourself, FOR yourself.

Join Maggie Quinn and her crew of compassionate and experienced instructors for a virtual fitness program that includes an UNLIMITED number of classes a week for a total of 15+ weekly FUN & FLEXIBLE fitness and wellness options for you plus three one-on-one personalized sessions! Customize your workouts, set achievable goals, and enjoy the comfort and safety of your own home. Classes meet Monday through Friday virtually (livestream via Zoom). If you miss one, you can watch it later that day! After registering, email instructor Maggie (maggiequinn357@gmail.com) to get started.

Choose the session that fits your schedule best:

Longer Session: 12 weeks, Sept. 28-Dec. 19*

Includes three 30 min. one-on-one zoom sessions
\$279 (best deal, that’s less than \$5/class!)

Shorter Session: 7 weeks, Nov. 2-Dec. 19*

Includes one 30 min. one-on-one zoom session
\$219

*No classes Nov. 26 & 27



Both Sessions - Mix and match as you wish:

Monday:

8-8:55 a.m.: Total Barre Endurance - Maggie Quinn
10-10:55 a.m.: Continuing Pilates - Ginny Mello
6-6:55 p.m.: Zumba Gold - Pam Janson

Tuesday:

8-8:55 a.m.: Step Aerobics - Maggie Quinn
9-9:55 a.m.: Gentle Pilates - Maggie Quinn
9-9:45 a.m.: Yoga Foundations - Leslie Simonescu
10-10:55 a.m.: Fitness Ball - Ginny Mello

Wednesday:

8-8:55 a.m.: Total Barre Foundation - Maggie Quinn
9-9:45 a.m.: Yoga for Strength and Balance -
Leslie Simonescu
10-10:55 a.m.: Pilates Sculpt - Ginny Mello

Thursday:

8-8:55 a.m.: Step Aerobics - Maggie Quinn
9-9:55 a.m.: Gentle Pilates - Maggie Quinn
9-9:45 a.m.: Gentle Flow Yoga - Leslie Simonescu
10-10:55 a.m.: Fitness Ball - Ginny Mello

Friday:

8-8:55 a.m.: Total Barre Endurance - Maggie Quinn
9-9:55 a.m.: Zumba Gold - Pam Janson
10-10:55 a.m.: Pilates Flow - Ginny Mello

[See class descriptions on the next page](#)

**Sign up now at
nmc.edu/fitness
or call (231) 995-1700**

Forever Virtually Fit class descriptions:

Zumba Gold™

Every class is a dance party to enjoy at a slower pace with Zumba Gold™. Perfect for active older adults, people new to fitness or those just looking for a lower intensity Zumba™ class. Gold blends the Latin and world rhythms like Cumbia, Salsa, Belly Dance and Tango you love from Zumba and introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and leave empowered and feeling strong! Instructor: Pam Janson

Jacki Sorensen Step Aerobics™

This low-impact, high energy fitness class is fun and easy. Subtly choreographed routines provide a head-to-toe workout which includes resistance and core training. Exercise with or without a step while keeping your heart rate elevated. Bring a fitness mat, Step is optional. Instructor: Maggie Quinn

Yoga for Strength and Balance

As we age, it is imperative that we maintain strength, flexibility, balance and bone density. Learn a variety of poses to improve and support these needs. A portion of each class will be dedicated to standing postures to help improve and challenge balance in a safe way as well as options for holding and releasing and repeating certain poses to improve practitioner strength. You will need a yoga mat. Instructor: Leslie Simonescu

Fitness Ball

Is your balance is challenged? Integrate the principles of pilates using a large fitness ball to increase your body's awareness in space while working in 3 dimensions. Increase your balance strength, stabilization and endurance. Bring a stability ball and fitness mat. Instructor: Ginny Mello

Continuing Pilates

Continue with the Pilates you love! Like to work with bands, foam rollers and fitness balls? Ready to improve your balance and coordination? Join this fun, action packed class where we will learn some new exercises and deepen our understanding of old ones. Results include improved flexibility, mobility, core strength, balance and overall well-being. You will need a yoga mat. Instructor: Ginny Mello

Pilates Flow

Follow the order from Joseph Pilates and move through the workout from start to finish in the way he intended. We will begin with an intermediate format on the mat, and as the session progresses more advanced exercises will be added. The pace will be continuous and as always breaks are welcome as needed. The flow will stay consistent throughout the session so you can monitor your progress. You will need a fitness mat. Instructor: Ginny Mello

Pilates Sculpt

Use your skills and knowledge of body awareness from pilates and add weights. Challenge your total body and mind with movements that require moving in multiple planes. We will be keeping the same flow during the entire session in order for each person to gauge personal improvement. You will need a fitness mat, 1-3# weights and 2 yoga blocks. Instructor: Ginny Mello

Gentle Pilates

Restore the natural curves of your spine and rebalance the muscles around your joints with emphasis on pelvic and scapular stabilization. Results include improved flexibility, mobility, core strength and overall well-being. You will need a fitness mat. Instructor: Maggie Quinn

Total Barre™ Foundation

This high-energy program focuses on strength, flexibility, stamina and dynamic stability. It combines elements from Pilates, dance, cardio and strength training choreographed to music. Kitchen counter or bannister can be used for your ballet barre. You will need a fitness mat. Instructor: Maggie Quinn

Total Barre™ Endurance

Building on the movements established in Total Barre™ Foundation, this class works in a continuous flow with music to keep the heart rate elevated and adds more neuromuscular challenges to increase balance and strength. Instructor: Maggie Quinn

Gentle Flow Yoga

"Vinyasa" yoga is the experience of flowing one pose into the other, linked with breath. The experience is one of intentional, seamless movement. Alignment is still critical as well as the way in which students move from one pose into the next. Gentle means that you will receive suggested adaptations to wrist and weight-bearing postures, and that the amount of time spent in postures will vary according to the difficulty of the pose. This will include a variety of seated, standing and supine postures. You will need a yoga mat. Instructor: Leslie Simonescu

Yoga Foundations

Good for beginners and newer students to yoga as well, and a great check in on approach for current students. Key alignment and adjustment pieces and challenges will be explored in each class for students to apply in multiple poses resulting in a safe practice, integrity of posture, ease in experience, and depth of practice. You will need a yoga mat. Instructor: Leslie Simonescu