

Forever Fit — for all ages and fitness levels

Try before you buy! We're so sure you will love the Forever Fit classes, you may try as many classes as you want the first week, June 3-7, for FREE!

Designed for all ages and fitness levels, for less than \$6 an hour (best price around), we will help you achieve your fitness goals. The American Council on Exercise recommends some form of physical activity daily to maintain a healthy lifestyle. Over the course of a week, activity should include aerobics, resistance training, core strengthening and overall flexibility—and our classes offer these and more!

Sign up for the number of hours per week you wish to participate, then attend the days and times that you choose. The Forever Fit package has 15 hours a week for a total of 150 summer hours of exercise classes for you! The daily schedule is subject to small changes. Class descriptions are listed on page 27.

Session 1: 5 weeks, June 3 to July 3

1-2 hours a week: \$75
(\$65 with LIFE Discount)

3-4 hours a week: \$105
(\$89 with LIFE Discount)

5-6 hours a week: \$145
(\$121 with LIFE Discount)

Session 2: 5 weeks, July 8 to Aug. 9

1-2 hours a week: \$75
(\$65 with LIFE Discount)

3-4 hours a week: \$105
(\$89 with LIFE Discount)

5-6 hours a week: \$145
(\$121 with LIFE Discount)

Session 1 - Mix and match as you wish:

Monday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Total Barre Endurance (PE120)

8-8:50 a.m.: Fitness Ball (Gym)

9-9:50 a.m.: Yoga for 50+ (Gym)

Tuesday:

9-9:50 a.m.: Aerobic Dance (PE120)

Wednesday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Total Barre Endurance (PE120)

8-8:50 a.m.: Weight Strengthening (NH109)

9-9:50 a.m.: Pilates Fusion (PE120)

Thursday:

9-9:50 a.m.: Aerobic Dance (PE120)

Friday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Fitness Ball (Gym)

8-8:50 a.m.: Total Barre Endurance (PE120)

9-9:50 a.m.: Yoga for 50+ (Gym)

Session 2 - Mix and match as you wish:

Monday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Total Barre Endurance (PE120)

8-8:50 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Fitness Ball (Gym)

9-9:50 a.m.: Yoga for 50+ (Gym)

Tuesday:

8-8:50 a.m.: Total Barre Amplified 2 (PE120)

9-9:50 a.m.: Aerobic Dance (PE120)

9-9:50 a.m.: Gentle Pilates (Gym)

Wednesday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Total Barre Endurance (PE120)

8-8:50 a.m.: Weight Strengthening (NH109)

9-9:50 a.m.: Pilates Fusion (PE120)

10-10:50 a.m.: Total Barre Modified (PE120)

Thursday:

8-8:50 a.m.: Total Barre Amplified 2 (PE120)

9-9:50 a.m.: Aerobic Dance (PE120)

9-9:50 a.m.: Gentle Pilates (Gym)

Friday:

4:45-5:35 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Total Barre Endurance (PE120)

8-8:50 a.m.: Weight Strengthening (NH109)

8-8:50 a.m.: Fitness Ball (Gym)

9-9:50 a.m.: Yoga for 50+ (Gym)

Call (231) 995-1700 to register

With Forever Fit, you sign up for:

1 to 2 hours per week, OR 3 to 4 hours per week, OR 5 to 6 hours per week,
and attend any of the classes below.

↩ ↩ ↩ See days and times at left.

Sign up now

Forever Fit class descriptions:

Weight Strengthening

Aerobic exercise is not enough to keep the body well-conditioned; research shows the need for the addition of weekly weight strengthening. We will focus on all major muscle groups resulting in increased strength, better posture, greater mobility, improved metabolism and a slowing of the development of osteoporosis.

Instructor: Maggie Quinn (4:45 am)

Instructor: Steve Dixon (8 am)

Total Barre Endurance™

Taking Total Barre Foundation™ up a notch, this program works in a continuous flow to keep the heart rate elevated, and adds more neuromuscular challenges to increase balance and strength. Bring a fitness mat.

Instructor: Maribel LaLonde (Mon/Fri)

Instructor: Maggie Quinn (Wed.)

Total Barre™ Amplified 2

This high-energy, endurance-focused class amps up the intensity. Balance and strength exercises bump up the calorie-burning effects through flowing sequences aimed at keeping the heart rate elevated.

Instructor: Maggie Quinn

Total Barre™ Modified

Perfect for those with limited mobility or restricted movement. All active adults benefit from exercising with music as it helps improve learning and memory, reduces stress and increases social interaction. Every move is designed to increase flexibility, balance and postural stability. You will use the ballet barre and small equipment.

Instructor: Terry Tarnow

Pilates Fusion

Pilates Fusion fuses Yoga and balance training with traditional mat Pilates. Work your entire body without heavy weights, high impact jumping or extreme movements that can irritate your joints. Pilates is known for promoting intense core strengthening, while Yoga sculpts and stretches your body and mind. Bring a yoga mat, water and hand towel.

Instructor: Marcia Talicska

Yoga for 50+

You'll love these exercises that are designed specifically for those age 50+. Yoga improves flexibility, strength, posture and balance, and provides a sense of physical and spiritual wellness. Designed for people of any level of physical ability who prefer a more mindful and mild approach.

Instructor: Diane Samarasinghe

Jacki Sorensen Aerobic Dance™

Jackie Sorensen's Aerobic Dance is choreographed for the non-dancer, although you will feel like a dancer while strengthening your core and cardiovascular system and firming your body. Taught low and high impact. Bring a fitness mat.

Instructors: Terry Tarnow

Fitness Ball

Are you noticing that your balance is challenged? Integrate the principles of pilates while using a large fitness ball to increase your body's awareness in space while working in three dimensions. Increase your balance strength, stabilization, and endurance. Bring a fitness mat.

Instructor: Marcia Talicska

Gentle Pilates

Restore the natural curves of your spine and rebalance the muscles around the joint. Results include improved flexibility, mobility, core strength, and overall well-being. Bring a fitness mat.

Instructor: Maggie Quinn