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 (Sept. 9-13) 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 and you choose. The Forever Fit package has 20 hours a week for a total of 300 fall hours of exercise classes! Classes meet in NMC Phys. Ed. Building and North Hall. Schedule is subject to small changes. Class descriptions are on the next page.

Fall Session 1: 8 weeks, Sept. 9 to Nov. 1
1-2 hours a week: $105  
($90 with LIFE Discount)
3-4 hours a week: $145  
($121 with LIFE Discount)
5-6 hours a week: $185  
($153 with LIFE Discount)

Fall Session 2: 7 weeks, Nov. 4 to Dec. 20
1-2 hours a week: $99  
($86 with LIFE Discount)  
No classes Nov. 28 & 29
3-4 hours a week: $139  
($118 with LIFE Discount)
5-6 hours a week: $179  
($151 with LIFE Discount)

Session 1 - Mix and match as you wish:
Monday:
8-8:50 a.m.: Weight Strengthening (NH109)  
8-8:50 a.m.: Fitness Ball (PE120)  
9-9:50 a.m.: Total Barre Endurance (PE120)  
9-9:50 a.m.: Yoga for 50+ (Gym)  
5:30-6:20 p.m.: Yoga for 50+ (PE120)

Tuesday:
8-8:50 a.m.: Total Barre Amplified 2 (PE120)  
9-9:50 a.m.: Gentle Pilates (PE120)

Wednesday:
8-8:50 a.m.: Weight Strengthening (NH109)  
8-8:50 a.m.: Pilates Body Weight Training (Gym)  
8-8:50 a.m.: Total Barre Foundation (PE120)  
9-9:50 a.m.: J.S. Step Aerobics (PE120)  
9-9:50 a.m.: Yoga for 50+ (Gym)  
10-10:50 a.m.: Total Barre Modified (PE120)  
5:30-6:20 p.m.: Yoga for 50+ (Gym)

Thursday:
8-8:50 a.m.: Total Barre Amplified 2 (PE120)  
9-9:50 a.m.: Gentle Pilates (PE120)

Friday:
8-8:50 a.m.: Weight Strengthening (NH109)  
8-8:50 a.m.: Fitness Ball (PE120)  
9-9:50 a.m.: J.S. Step Aerobics (PE120)  
9-9:50 a.m.: Yoga for 50+ (Gym)

Session 2 - Mix and match as you wish:
Monday:
8-8:50 a.m.: Weight Strengthening (NH109)  
8-8:50 a.m.: Fitness Ball (PE120)  
9-9:50 a.m.: Total Barre Endurance (PE120)  
9-9:50 a.m.: Yoga for 50+ (Gym)  
5:30-6:20 p.m.: Yoga for 50+ (PE120)

Tuesday:
8-8:50 a.m.: Total Barre Amplified 2 (PE120)  
9-9:50 a.m.: Gentle Pilates (PE120)

Wednesday:
8-8:50 a.m.: Weight Strengthening (NH109)  
8-8:50 a.m.: Core Balance & Strength (Gym)  
8-8:50 a.m.: Total Barre Foundation (PE120)  
9-9:50 a.m.: J.S. Step Aerobics (PE120)  
9-9:50 a.m.: Yoga for 50+ (Gym)  
10-10:50 a.m.: Total Barre Modified (PE120)  
5:30-6:20 p.m.: Yoga for 50+ (Gym)

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8-8:50 a.m.: Total Barre Amplified 2 (PE120)  
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8-8:50 a.m.: Weight Strengthening (NH109)  
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9-9:50 a.m.: J.S. Step Aerobics (PE120)  
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.

**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’ll 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: Steve Dixon

**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.

Instructors: Maribel LaLonde and 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—and it’s fun! You’ll use the ballet barre and small equipment. Bring a fitness mat.

Instructors: Maribel LaLonde and Maggie Quinn

**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 and endurance. Bring a fitness mat.

Instructor: Dorothy Eisenstein

**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. 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 increases flexibility, balance and postural stability. You will use the ballet barre and small equipment.

Instructor: Terry Tarnow

**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.

Instructors: Diane Samarasinghe or Dorothy Eisenstein

**Jacki Sorensen Step Aerobics™**
Jacki Sorensen’s StrongStep is a low-impact, high energy, fitness class that’s fun and easy! Subtly choreographed routines for a head-to-toe workout include resistance and core training. Exercise with or without a step. Bring a fitness mat.

Instructor: Jennifer Dykstra

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

Instructor: Maggie Quinn

**Core Balance and Strength on the Big Blue Cushion**
Pilates and athletic and performance training with full body resistance, core, speed, balance, plyometric and agility training. Employ modifications, including speed variations, level changes, direction changes, and support changes. Prior experience with Pilates is highly recommended.

Instructor: Maggie Quinn

**Pilates Body Weight Training**
Use Stott Pilates’ 5 principles with only body weight resistance. Focus on functional movement patterns and flexibility, creating balance, and challenging proprioception. Develop greater torso strength and stability to increase upper and lower body coordination.

Instructor: Maggie Quinn