



525 NE 6th Street, (across the street from the courthouse) • Phone: 476-3307

Classes are on a drop-in basis, \$12.00 per class or \$10.00 with purchase of an 8-session class pass. No sign up fee.

Mat Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50am WEIGHTS & BALANCE Armando Garcia	8:00-8:50am BLISSwork Armando Garcia	8:00-8:50am WEIGHTS & BALANCE Armando Garcia	8:00-8:50am BLISSwork Armando Garcia	8:00-8:50am WEIGHTS & BALANCE Armando Garcia	
9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	9:00-9:50am ADVANCED BASICS Becky Malas	9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	9:00-9:50am ADVANCED BASICS Becky Malas	9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	
	10:00-10:50am GENTLE BASICS Becky Malas		10:00-10:50am GENTLE BASICS Becky Malas		10:00-11:00am BLISSwork Alternating Instructors
4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt	4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt	4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt			

GENTLE BASICS - This class is designed for the person who is not accustomed to exercising or has musculoskeletal issues such as low back pain, fibromyalgia, scoliosis or arthritis. Led by Becky Malas, retired physical therapist on Tuesdays and Thursdays. Physician clearance is mandatory.

ADVANCED BASICS - This class is for those people who are not accustomed to exercising or have musculoskeletal issues that have taken the Gentle Basics class and are ready to move on to more challenging work.

PILATES - Come and learn the fundamentals of this world-renowned exercise program that has been evolving since the 1920's. The key principles used with every exercise are breathing, concentration, control, stabilization from the center, flow, and precision. Emphasis is on abdominal core control, back strengthening, pelvic and shoulder stability.

BLISSwork - This is a deep tissue, sustained posturing, high repetition exercise program aimed at breaking up connective tissue that inhibits our bodies from optimum synchronization. The purpose of this class is to structurally integrate your body toward its intended design. Too loose or too tight? Too straight or too much arc? Are you working on the surface of your muscles, or deeper in the tissues?

WEIGHTS & BALANCE - This is an advanced weight training class which uses dumbbells for each exercise. This class places an emphasis on utilizing the whole body for each movement for maximum calorie burning and carryover into your daily activities. This class is a blending of BLISSwork, Pilates and weight training.