

Scheurer Winter Fitness Classes

12-Week Session Begins January 15, 2018

Mondays	11:00 - 11:45 am Senior Strength/Cardio Circuit 4:30 - 5:00 pm Tabata Circuit 5:10 - 5:40 pm Mini Strength Class 6:00 - 7:00 pm Hour of Power (Strength Circuit)
Tuesdays	4:30 - 5:15 pm Barre Class 5:20 - 5:50 pm Cardio Circuit (Steps, Tramps - Cardio Moves) 6:00 - 7:00 pm Kickboxing (Rotating Formats)
Wednesdays	10:00 - 10:30 am FREE Senior Stretch 11:00 - 11:45 am Senior Yoga 4:30 - 5:15 pm Step n Sculpt 5:30 - 6:15 pm Pilates 6:30 - 7:30 pm Dance Aerobics
Thursdays	4:45- 5:45 pm Yoga

Held at Scheurer Professional Center, 135 North Caseville Road, Pigeon.

To register, call Jeanne at 989.453.5228.

12-Week Session Prices

30 minute class: \$36

45 minute class: \$60

60 minute class: \$72

Scheurer
Better Health. Better Life.