

STRENGTH LIES WITHIN



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Fitness Classes
LED BY **WAUKESHA YMCA**



CARROLL UNIVERSITY
REC SPORTS

MON, SEPT 11 – THU, DEC 7

CLASSES ARE FREE! Please register on the **IMLEAGUES** app.

MONDAY

ZUMBA®

6:00–7:00 PM

Instructor: Janet D.

Feel the music move you! A fusion of Latin rhythms and dance creates a dynamic and effective aerobic workout. Sweat, smile, and shimmy through easy-to-follow routines.

WEDNESDAY

PILATES FLOW

6:00–7:00 PM

Instructor: Amy Sazama

Move with grace as you strengthen your core, increase flexibility and balance, and then relax. Class combines 45 minutes of Pilates with 15 minutes of yoga and relaxation.

VINYASA YOGA

7:15–8:15 PM

Instructor: Amy Sazama

Vinyasa flow is moving meditation that links breath to movement as you flow from one pose to another. Build up heat by working on strength, balance, and flexibility. Each week, you'll hear new music and practice different sequences.

TUESDAY

***SMALL GROUP TRAINING 4:30–5:30 PM**

Trainer: Emily G.

Small Group Training combines the energy and inspiration of group exercise with the individualized attention of personal training. Small group size (4–8 participants) ensures that our personal trainer can provide a specialized workout to keep you on track to reach your goals.

THURSDAY

BARRE

6:00–7:00 PM

Instructor: Monica W.

Combine functional strength, ballet-inspired exercises, Pilates and Yoga into one energizing class. You'll focus on optimal posture while enhancing body awareness, coordination, balance and toning. Bands, balls and light hand-weights may be used for additional resistance.

* Pre-registration required for each full 5-week session

Session 1: Sept. 12–Oct. 10; Session 2: Oct. 31–Nov. 28

All classes are held in the Ganfield Gymnasium Dance Studio (201 A).
NO FITNESS CLASSES MON & TUE OCT 23–24 or WED & THU NOV 22–23

GANFIELD GYMNASIUM 221 N. Barstow, Waukesha • 262-650-4831 • carrollu.edu/recsports