

## GROUP EXERCISE NEWSLETTER

## **Group Exercise Highlights:** VAUGHAN

Restorative Yoga with Deb on the first Sunday of the month at 10:15 a.m. – April 6, May 4, June 1.

EASTER • SUNDAY, APRIL 20 FITNESS CENTER • 6 TO 11 A.M.

#### **GROUP EXERCISE**

**Group Strength • 8:30-9:30 a.m. • Chrissa**Come experience a purposeful class filled with the exercise your body deserves to give you the energy of life this Easter morning!

Recover & Restore • 9:30-10 a.m. • Chrissa
The great gift of Easter is hope. Renew the love and compassion you have for yourself. Muscle lengthening and stretching will leave you more peaceful and well-balanced.

CHILDCARE • FIELD HOUSE • TENNIS GUEST SERVICES • AQUATICS • Membership. CLOSED.

#### **PRISCO**

Golden Fit with Karla on Wednesdays at 8:15am

# RARLA BARRERA Registros de la companya del companya del companya de la companya

\*Silver Sneakers participants are eligible to take group exercise classes at Prisco at no cost.

## Other Fox Fitness Happenings:





Fitness Desk Spotlight – March (Eola) – Mike Avalos

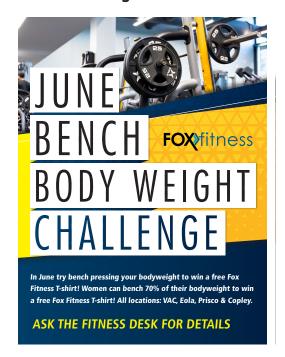


Fitness Desk Spotlight -April (Copley) – Alexis Ramirez





#### **June Member Challenge**





## **EXERCISING FOR**BETTER BALANCE & STRENGTH

Wednesdays ◆ 12:30-1:30 p.m.

Prisco Community Center (dance studio 117)

This class is designed to help you improve your quality of life for added strength, balance, flexibility and mobility using intentional movement for physical wellness. Those who most benefit from this class are those with balance problems or other movement disorders and those living with Parkinson's disease. All ability levels are welcome. Please bring a water bottle and tennis shoes. The class can be done seated or standing. Chairs are provided.

**\$75(M)** • **\$100(R)** • **\$150(N) Winter Specialty Fitness** January 22 - February 26 311403-04

### **Spring Specialty Fitness**

March 5 - April 9 • 411403-05 April 16 - May 21 • 411403-06 May 28 - July 2 • 411403-07

foxfitness.info

Exercise for Better Balance & Strength Wednesdays, 12:30 p.m. Prisco #117 411403-06, April 16 - May 21 411403-07 May 28 - July 2

## **Quote of the Quarter:**

A beautiful day begins with a beautiful mindset.

Any questions, comments or feedback regarding the Fox Fitness Department can be directed to:

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