

COORS CORE FITNESS

Lisa Coors MBA, CPT-NASM, AHFS-ACE

Maxed Out!

Wednesday Nights, 6:15-7:00 pm, April 14 – June 2

\$80 for 8 weeks or \$15/session

(Must have 4 people pre-registered one week prior to first class)

Maxed Out! is an 8-week progression-style Boot Camp Class. It is 40 Minutes of intense strength and cardiovascular training in a group exercise environment. The progression style allows participants to gradually adapt their muscles to the intensity of the class while decreasing chances of injury. Each week builds on the past week's workout, so continuous participation is highly recommended.

Maxed Out! is set up with functional training style circuits (balance boards, cables, bands, etc.). Each circuit will contain between 8 and 15 stations, depending on the size of the class. Participants will spend one minute at each station and will be timed by the instructor. Timed stations allows for the high-intensity and heart-pounding workouts. Group warm-ups and cool-downs are provided by the instructor to ensure injury prevention.

Maxed Out! is a high-impact class and does require some running and jumping.

Qualifications for the class are:

- Must be currently performing 3 days a week of continuous cardiovascular workout for a minimum of 30 minutes each
- No orthopedic limitations, cardiovascular conditions or chronic illness

Healthy Lifestyles Fitness Classes

Wednesday Nights, 7:15-8:00 pm; April 14 – May 19

\$90 for 6 weeks or \$20/session

(Must have 4 people pre-registered one week prior to first class)

This 6-week series is designed for the beginner to moderate exerciser who is looking to live a long and healthy life through preventative fitness. This lecture and exercise class works for someone who has never exercised before and may be intimidated to start an exercise program. It is also good for those who have started to exercise but who need motivation to take their exercise to the next level.

This 45-minute class will involve 15 minutes of discussion and 30 minutes of light exercise. During the 6 weeks, participants will be able to incorporate the tools they learn to develop their own safe exercise program involving cardiovascular health, strength, flexibility, core strength, basic nutrition and balance training.

We welcome all ages and abilities. This class is not for those with balance disorders, chronic illness or moderate to severe cardiovascular issues.

*Permission from physician to exercise for both classes is required.

Email hwbcen@yaho.com or call 771 – 0333 to register.