



2016 Spring into Fitness

Wellness Longevity Classes

The 6 week classes provide 12 sessions of Fitness & Fun

February 1st-March 9th (Monday & Wednesday)

Boom Move-it* (cardio/dance) 11:30-12pm

Boom Muscle* (action/strength) 12-12:30pm

Aqua Bootcamp (*water aerobics*) 5-5:45pm in pool

February 2nd –March 10th (Tuesday & Thursday)

Boom Muscle (action/strength) 11:30-12pm*

Boom Move-it (cardio/dance) 12-12:30pm*

Yoga (beginner) 5:45-6:45pm at Cougar Crossing

- *Boom is a Healthways Fitness Class program*

Cost \$75 (\$30 for Redlands FFL, staff and students)

Contact Anna Rinehart at 422-6229 or

Kenzi Hull at 422-1258 to enroll

Call today...Classes need 5 students to be offered