



Health & Fitness Class

AT THE ACTIVITY BUILDING

Spice up your lifestyle and shape your body with our health and fitness class. A fun way to burn fat, get tone, increase flexibility, and enhance your strength!

CLASSES MEET:
Monday through Thursday
5:45 - 6:45 pm

Session Dates 2010

Session 1	Feb. 1 – Mar.25
Session 2	Mar. 29 – May 20
Session 3	May 31 – July 22
Session 4	July 26 – Sept. 16
Session 5	Sept. 27 – Nov. 18
Session 6	Nov. 22 – Jan. 13



Weight Training M/W- This class uses hand weights, resistance bands, stability balls and your own body weight. The main focus is on overall strength training, and the last 15 min of the class is all about the core and flexibility.



Step Aerobics T/TH - This class is designed to increase your fitness level through the use of a step/bench. The different heights of the bench allow you to achieve low, medium or high impact levels. Floor work, stretching and abdominal exercises are also included.

COST:
\$42.00 / 8 week session or \$3.00 per class
(Payable by check only)

Registration takes place Monday - Friday, 9:00 AM – 3:00 PM at the Activity Building, 416 Morningside, or before class begins at 5:45 PM. Maximum of 30 participants per class. **No one is allowed to enter class after warm-up.** Please make check payable to the City of Friendswood. For additional information, please call the Community Services Dept. at (281) 996-3220.