

ECC FITNESS AND WELLNESS

Summer

Fitness Classes

MONDAYS

8:30 AM

YOGA

A transitional yoga class teaches basic standing, seated, reclining, and balance poses to gently strengthen, tone and stretch your muscles. Designed for Men & Women of all fitness levels. No Yoga experience is needed. \$8

TUESDAYS

8:30 AM

BARRE

This low-impact class will improve posture and balance, build strength, increase flexibility, burn calories and improve stability. Inspired by ballet, yoga and Pilates. \$8

THURSDAYS

8:30 AM

FIT 'FORE' GOLF

This cutting-edge golf fitness program integrates the most effective exercises to enhance the performance of golfers of all ages and ability levels. Participants are coached through drill assisting with rotation, stabilization, strength and balance by a Certified TPI instructor. \$15

THURSDAYS

9:30 AM

SIMPLY FIT

Strengthen and stretch your body without overtaxing your joints. Easy to follow combinations will improve coordination, strength, balance, core stability and flexibility for all fitness levels. \$8

No Classes August 26 through September 5

**Class size limited. ~ Sign up on ForeTees Fitness.
Bring water, mat, towel/blanket. Member billed.**