

**Walk:** 20-30 minutes  
These short walks allow busy people the opportunity to squeeze in a little exercise in their busy day.

**Personal training:** 30 minutes  
Participants are lead in exercises that are chosen specifically for them based on their individual needs. This class is offered by appointment only.

**Step class:** 45 minutes  
A great cardio workout but no hard footwork

**Balance and core:** 60 minutes  
In this class participants will work on improving their balance and will strengthen the core muscle group. The core muscle group is the muscles from the chest to the knees.

**Yoga:** 60 minutes  
This class focuses on breathing and exercise through beginning yoga poses. This class will also work on stretching and relaxation poses and combines poses to increase flexibility.

**Body sculpt:** 60 minutes  
This class offers participants the opportunity to improve muscle tone from head to toe. Also they will work on stretches to improve overall flexibility.



**All Fitness Levels can participate in the program. Classes will be tailored to meet your needs.**

**Weight training:** 45 minutes  
Makes use of hand weights to improve strength and muscle tone. Good for preventing osteoporosis.

**Aerobics:** 60 minutes  
Stretching and strength training help improve flexibility, muscular strength, and especially the healthiness of the heart.

**Pilates:** 45 minutes  
This class includes breathing and stretching exercises, exercises that will strengthen core body muscles, and increase in body awareness.

**Zumba:** 60 minutes  
High energy latin inspired fitness class featuring aerobic interval training and resistance training. This easy to do class flies by as we dance to international music.

**Zumba Gold:** 60 minutes  
A good workout for people who are working up to regular Zumba.

**Pillar Strength:** 60 minutes  
Works the muscles of the shoulders, back, and torso

**Total Body:** 60 minutes  
A fantastic, fun, not too hard class for those who want to do it all in one class. The class combines Hi-Lo aerobics, beginner step, stability ball work, hand weights for muscle endurance work, stretching and floor work. The flies by as the music is energizing and the class is varied.

**For more information about our program feel free to contact us at 423-420-3991, toll free at 1-877-420-3991 or on our website at [www.getwithitwomen.org](http://www.getwithitwomen.org)**