

SASD WINTER FITNESS OPPORTUNITIES 2018

Bootcamp with Nikki Hiebing *FREE* Jan 8th-May 21st

Mondays

4:30 - 5:30 pm

ELC Basement

Zumba *** *(Reduced Fees Apply)*

*** 6 Week Session I ***

Jan 9th thru Feb 20th

(No class Feb 13th)

*** 6 Week Session II ***

Feb 27th thru April 10th

No class March 27th

*** 6 Week Session III ***

April 24th thru May 29th

Tuesdays

5:00 - 6:00 pm

Lincoln Erdman

Instructor: Penny Willems

Cost: \$15 for 6 weeks or \$5 Drop In

Email to Register: pwillems@sasd.net

Soul Sculpt Jan 10th-May 30th *(no class Feb 14th or March 28th)*

Wednesdays

5:00-6:00 pm

Lincoln Erdman

Cyndi Crimmins

Bring hand weights, your own mat, water bottle and towel!

Cost: \$25 punch card good for 10 classes or \$3 Drop in

Soul Sculpt is NOT YOUR TYPICAL YOGA CLASS!

Soul Sculpt is a high intensity yoga class that incorporates hand weights and cardio bursts to burn calories and build lean muscle mass to strengthen your yoga practice. Soul Sculpt is geared for the "gym focused" yogi who loves to sweat, build endurance, strengthen muscles & jam to high energy music. NO YOGA EXPERIENCE NEEDED!

PiYo with Nikki Hiebing *FREE* Jan 9th-May 29th

Tuesdays 4:30-5:15 pm South High, Room 116 *(NO CLASS Feb 6 or Mar 27)*

Bring your own mat/water bottle!