

## MEET THE INSTRUCTORS..

### AIMEE DEHOLLANDER

Aimee instructs BOOM MOVE,  
Beginner Line Dance, Gentle  
Stretch and Silver Fitness

### EMMA COAD

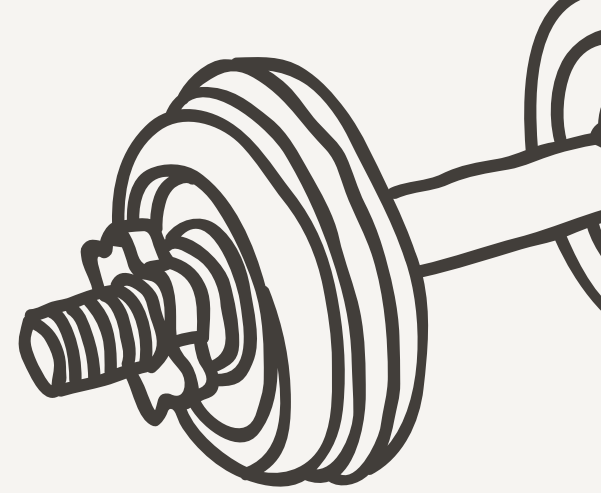
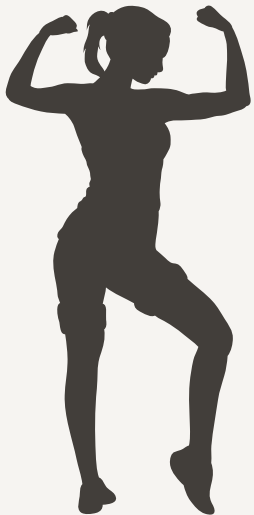
Emma instructs Vinyasa Yoga.

### TAMMY ALLAN

Tammy instructs Tabata, Cardio  
Sculpt, and WERQ.

### JAMI KOK

Jami instructs Chair Yoga,  
Strength, Gentle Yoga, and Yoga.



## BYRON TOWNSHIP RECREATION

616-878-1998

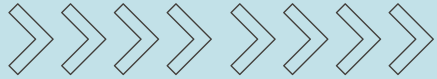
[www.byrontownshiprec.org](http://www.byrontownshiprec.org)

2120 76th St. SW.  
Byron Center, MI 49315

# adult fitness

## HOW TO JOIN?

All adult fitness classes operate as a \$5 drop-in for each class. You do not need to be a member of the Community Center to participate in the adult fitness classes.



## SILVER SNEAKERS

If you are a Silver Sneakers member at the Community Center, you are eligible for **1 free** fitness class per week. Any additional classes will be a \$5 drop in. Please check in at the front desk prior to class.



## ARE YOU NEW?

If you have never been to the Community Center before we have a short, one-time, info/waiver form for you to complete when you arrive so we can create an account for you, but after that you will just pay the \$5 upon arrival and you're good to go!

# CLASSES OFFERED:

### BOOM MOVE

A fun combination of aerobic, cardio drumming, and line dancing to great music from all decades and genres with repetitive, easy-to-follow moves.

### BEGINNER LINE DANCE

Love to dance and need some gentle exercise? Learn easy-to-follow step-by-step choreography to master the songs at a slower pace.

### CARDIO SCULPT

A full body workout class to improve cardiovascular endurance & overall strength. Utilizing various cardio segments & strength training.

### CHAIR YOGA

Enjoy all the benefits of yoga from the stability of a chair! This class is perfect for those who are new to yoga - modifications offered for various levels of activity.

### GENTLE STRETCH

A slow, gentle, total body stretching class for flexibility, balance, and core strength. Easy on wrists & knees. No inversions.

### GENTLE YOGA

Relaxes, releases, & restores. Practiced slowly and all poses are done down on the yoga mat.

### SILVER FITNESS

Combines standing & chair exercises with a focus on balance, strength, memory, & flexibility with fun 50/60's music. Group parties and social activities throughout the year too!

### STRENGTH

Intermediate level class - gain strength and endurance in all muscle groups to enhance your day-to-day living. We will be using body weight as well as hand weights and other equipment. Bring a mat!

### TABATA

A HIIT that combines bursts of strength training in 20/10 second intervals/rest.

### WERQ

The fiercely fun dance-fitness workout class based on pop, rock, and hip-hop. Start with dance, end with yoga.

### YOGA

Focuses on breathing, balance, flexibility & relaxation.

### VINYASA YOGA

This flow builds strength and balance by linking breath + movement. Gentle stretches enhance flexibility and relaxation. Perfect for all levels!

