

## MEET THE INSTRUCTORS..

### AIMEE DEHOLLANDER

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

### BETTY DEFOUW

Betty instructs Line Dancing.

### TAMMY ALLAN

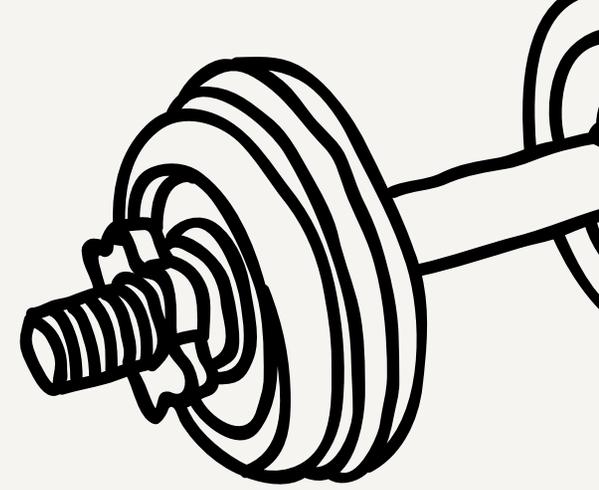
Tammy instructs Tabata, Cardio  
Sculpt, and WERQ.

### JAMI KOK

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

### AIMEE RAATZ

Aimee instructs POUND and Rise  
& Burn.



## BYRON TOWNSHIP RECREATION

616-878-1998

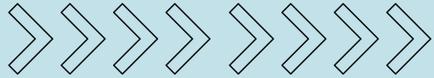
[www.byrontownshiprec.org](http://www.byrontownshiprec.org)

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

# adult fitness

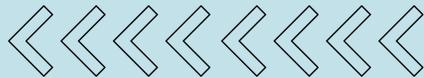
## HOW TO JOIN?

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.

### 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.

### POUND

A 45 minute full body workout using lightly weighted fitness drumsticks. Movements are a strong cardio element that target all of the lower body and the core while keeping rhythmic beats with the ripstix

### RISE & BURN

A full body workout, focusing on strength and core with intervals of cardio. This workout offers a lot of variety, utilizing hand weights, kettlebells, steps, bodyweight etc. Different levels of intensity will be shown in every class, so each participant can work at their own level.

### 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.

### YOGA

Focuses on breathing, balance, flexibility & relaxation.

