



FALL 2016

City of St. Clair Recreation Department

www.cityofstclair.com

(810) 329-7121

NEW!! Adult Fitness Classes



Take Salsa, Merengue, Cha-Cha, Hip-Hop and Belly Dancing, put them into a workout routine and you get Zumba Fitness! Great for all ages and fitness levels.

Tuesdays, 6:30-7:30pm

\$63.00, \$42.00 resident discount, p/session

Sept 20 - October 26 (6wks)

Nov 8 - Dec 13 (6wks)

Eddy Elementary School – 301 N Ninth

(Please note Zumba AM classes TBD)

TAI CHI (108 form)

Come and experience the Ancient Chinese Martial Arts of Tai Chi. Learn to relax, improve balance and flexibility, respiratory and cardio state through gentle movements and breathing techniques. Taught in a friendly, low stress fashion that can benefit adults of all ages. There is no prerequisite to this class.

Fridays, 10:30-11:30am

Sept 23-October 21

\$39.00 for all

City Hall – 547 N Carney Drive

Additional sessions will be added based on interest.



TNT (Tone-n-Trim)

Did you know that fat takes up 3x the amount of mass than muscle? You can burn more calories by lifting weights than by cardio alone? Increase everyday strength, boost metabolism and build lean, sleek muscles without the bulk. This no-nonsense, compound body sculpting class will aid you in building definition as well as endurance. Please bring hand weights and exercise mat to class.

Thursdays, 6:30-7:30pm

Sept 22-Oct 28(6wks),

Nov 3- Dec 22 (6wks) No program Nov 10,24

Eddy Elementary School – 301 N Ninth

\$63.00, \$42.00 resident discount p/session

Guts & Gluts (Core Conditioning)

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. Class is packed with effective exercises for the abs, back, gluts and legs to tone and strengthen the mid-section and lower body. Develop core strength and stability in this fun, but challenging class. Bring exercise mat to class.

Thursdays, 7:30-8:00pm

\$25.00 for all, p/session

Sept 22-Oct 28 (6wks)

Nov 3- Dec 22 (6wks) No program Nov 10,24

Eddy Elementary School – 301 N Ninth

Please check with your doctor before starting any exercise program.

***** Must be 16 years of age**

****Register in-person City of St. Clair Recreation Department – 547 N Carney Drive**

ABOUT TEAM FIT: Team Fit, Inc is a Michigan based fitness company that was built upon the dream to create a special place to empower people to be the best they can be. In a world that is often over-stressed and out of balance, the goal of TF is to transform the way we think about health, fitness, and success in life - a place that would transform lives. We believe that in order to work on ones outside, we have to start from within: to motivate, to educate and to dig deep inside their soul and give them the self-confidence they need in order to achieve their goals. When we are not hosting classes, we continue to promote wellness within the community by sponsoring local races, bike events, and other charity activities. To learn more, please visit our web site at www.teamfitcorp.com