



City of St. Clair Recreation Department

www.cityofstclair.com

(810) 329-7121

Adult Fitness Classes

Pre-Register in-person Recreation Department

547 N. Carney Drive, St. Clair, MI

REGISTER EARLY TO ENSURE CLASSES WILL BE OFFERED. 12 per class minimum for all classes.

NEW CLASSES OFFERED!!

Next session starts in November. Sessions continue January 2017 !!

New!! Yoga Classes

Nov 15 – Dec 20 (6wks)

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

City Hall – 547 N. Carney Drive

Gentle/YinYoga - Tuesdays, 6-7pm

We will combine gentle stretches, breath work and yin yoga to provide a soothing experience helping to release tension, let go and restore energy. This is suitable for all levels. Please bring a yoga mat to class.

Hatha Yoga ~ Tuesdays, 7:05-8:05pm

All levels. This class will focus on breath work, body alignment and several yoga traditions - meditation, chakras and various flowing routines. A welcoming environment is created to assist and advance an individual's yoga practice in a non-judgmental manner. Bring your yoga mat.

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

Dec 2 – Jan 6 (5wks) No program Dec 31

\$39.00 for all (\$10.00 drop-in)

City Hall – 547 N Carney Drive

Please check with your doctor before starting any exercise program.

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

Learn more about Team Fit @

www.teamfitcorp.com

20/20/20

NEW CLASS!! Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. Please bring hand weights and mat to class.

Tuesdays, 6:30-7:30pm

Nov 15 – Dec 20 (6wks)

Eddy Elementary School – 301 N Ninth

\$63.00, \$42.00 resident discount

TNT (Tone-n-Trim)

Increase everyday strength, boost metabolism and build lean, sleek muscles without the bulk. This compound body sculpting class will aid you in building definition as well as endurance. Please bring hand weights and mat.

Thursdays, 6:30-7:30pm

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

Eddy Elementary School – 301 N Ninth

\$63.00, \$42.00 resident discount

Program Bundle Discount!!

Register for both 20/20/20 & TNT class

\$97.50/\$65.00 resident

Guts & Gluts (Core Conditioning)

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

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

Eddy Elementary School – 301 N Ninth

