



# CHOOSE FIT

## A GREAT OVERALL BODY WORKOUT



Instructor Pat Chuchwar

### Benefits:

- Improve Strength and Balance
  - Great Aerobic Workout
    - Work Your Core
    - High/Low Intensity
      - All Ages

All classes are now held outside for the season on the Endeavor patio

Benches are available also Big Ball Exercise

10 classes for \$25 or 24 classes for \$45

First class is free-come check it out!

**Mondays 4:30 PM-**

**Will use Exercise Balls & Weights**

**Wednesdays 5:00PM-**

**Will use Bench, Chair, & Bands**

(Texts will be sent if there is any sort of a class change)

### Contact Information:

Susan Bridger CCE Director

HS 715-822-5121 ext. 403/ sbrid@csdmail.com