

City of Independence Winter Fitness I

Classes Located at the Independence Senior and Community Center
 Taught by Former Army Captain, Heather Arlinghaus, Certified Personal Trainer and Yoga Instructor
NEW YEAR, NEW YOU! GET FIT AT A CONVENIENT LOCATION, TIMES AND A GREAT PRICE!



Monday Jan 9-Feb 13	Wednesday Jan 11-Feb 15	Thursday Jan 12-Feb 16
5:45-6:45 AM Boot Camp	5:45-6:45 AM Boot Camp	
6:15-7:15 PM Boot Camp	6:15-7:15 PM Kettleworks	6:15-7:00 PM Balls and Bands
7:30-8:15 PM Yoga	7:30-8:15 PM Hard Core Abs	



Boot Camp

Boot Camp combines cardiovascular and resistance training in a military circuit format. This type of high impact interval training burns calories during, and elevates your metabolism after, your workout.
 Come prepared to do **YOUR** best, work hard, breath heavy and sweat!
*****BRING WATER, SET OF HAND WEIGHTS AND A MAT*****

Hard Core Abs

Hard Core Abs is a pilates based class that focuses on ALL the core muscles—abdominals, glutes, hips and back. A strong core makes you more physically powerful, improves your posture, prevents back pain and reduces your risk of injury.

*****BRING WATER AND A YOGA MAT*****

Yoga

This is a combination of Hatha and Ashtanga styles of yoga. The emphasis is on relaxation and fitness through breathing techniques, stretching and movement. The benefits include stress reduction and increased energy and flexibility. It's a great way to end your day and recover after Boot Camp.

*****BRING WATER AND A YOGA MAT*****

Balls and Bands

This a low impact, resistance training class that uses tubes, bands and various sized balls for a full body workout. The workout focuses on strengthening the muscles while working on balance and stability.

*****BRING WATER 55-75 cm FITNESS BALL AND A MAT*****

KettleWorks

Using the kettlebell as the tool, KettleWorks delivers the 3 most important components of a fitness program all at once— cardio, core and muscle toning. It is an extremely efficient, low impact workout that works the entire body.

*****BRING WATER, KETTLEBELL AND A MAT*****

Cost Per Class/Day and Multi-Class Discount

COST PER CLASS/DAY	MULTI-CLASS DISCOUNT	MULTI-CLASS DISCOUNT EXAMPLE
6 Week, 1-day, Boot Camp Class or KettleWorks Class: \$45	2-3 classes/week 10% 4-5 classes/week 15% 6-7 classes/week 20%	Monday and Wednesday Boot Camp \$90 Wednesday Hard Core Abs \$30 Thursday Balls and Bands \$30 Total cost \$150— 15% Discount= \$127.50
6 Week, 1-day, Yoga, Hard Core Abs, or Balls and Bands Class: \$30		

SAVE MORE WHEN YOU REGISTER AT THE FITNESS OPEN HOUSE DECEMBER 5TH, 7-9 PM

Contact Nita Brake, 859-363-2934, for class registration.

Visit www.arlinghausbootcamp.com for a more detailed description of classes.

Mail registration and payment to: Nita Brake, Recreation Director, 5409 Madison Pike, Independence, KY 41051

Name: _____ E-mail: _____

Address: _____

Phone: _____ Cell Phone: _____

You may register for 1-7 classes. Check the class(es) below you are registering for:

Monday	Wednesday	Thursday
_____ Boot Camp AM/PM	_____ Boot Camp AM/PM	_____ Balls and Bands
_____ Yoga	_____ Hard Core Abs	
	_____ Kettleworks	

Total Number of Classes: _____ Total Payment (Less Multi-Class Discount): \$ _____

Make checks payable to: City of Independence

SPACE IS LIMITED! Your payment reserves your class slot, therefore, **absolutely no refunds** will be issued.

City of Independence Winter Fitness II

Classes Located at the Independence Senior and Community Center

Taught by Former Army Captain, Heather Arlinghaus, Certified Personal Trainer and Yoga Instructor

GET READY FOR SPRING BREAK! GET FIT AT A CONVENIENT **LOCATION, TIMES AND A GREAT PRICE!**



Monday Feb 20-Mar 26	Wednesday Feb 22-Mar 28	Thursday Feb 23-Mar 29
5:45-6:45 AM Boot Camp	5:45-6:45 AM Boot Camp	
6:15-7:15 PM Boot Camp	6:15-7:15 PM Kettleworks	6:15-7:00 PM Balls and Bands
7:30-8:15 PM Yoga	7:30-8:15 PM Hard Core Abs	



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6 Week, 1-day, Boot Camp Class or KettleWorks Class: \$45	2-3 classes/week 10%	Monday and Wednesday Boot Camp \$90
6 Week, 1-day, Yoga, Hard Core Abs, or Balls and Bands Class: \$30	4-5 classes/week 15%	Wednesday Hard Core Abs \$30
	6-7 classes/week 20%	Thursday Balls and Bands \$30
		Total cost \$150– 15% Discount= \$127.50

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