

NEW CLASS

Functional Fitness With Karen

**Mondays 1:00pm to 1:45pm
6 Weeks \$65.00 per person
Runs from February 3 to March 24
Excluding February 10, February 17 and March 10**

Functional fitness builds strength, flexibility, and balance for navigating an independent world and the objects in it by replicating and practicing movements necessary: squatting, pulling, pushing, bending, climbing and walking

This class will have you moving with no impact low intensity moves to improve cardio health, balance, mobility and strength. Join in and feel supported with safe exercises designed to keep you healthy and independent.

Weights are required for a complete full body workout, as well as instructor will provide additional equipment