

# July Fitness Session Additions!



"Ditch the workout and join the party." A high energy Latin Dance inspired workout for all ages & fitness levels. No dance experience required. Dance, have fun & get great exercise! Wear comfortable clothes, gym shoes, weights and a bottle of water & a towel. Instructor: Sarah B. 10% off fee for active fitness center members.

**NEW: OUTDOOR!**  
Saturdays, 8:30-9:30am

Two Week Session: July 8 & 22  
Held at Main Square Park Gazebo  
Fees: \$12/\$13 (no drop-ins)  
Online Code: 300019

## MORNING EXERCISE

Holiday week mini session. Instructor: Louise B. Min 8/Max 35. Ages 14 and up.

### Wednesday July 5th:

8.00-8.45 SilverSneakers Classic  
9.00-9.25 Half Hour Aerobics  
9.30-10.25 1 hr Aerobics  
10.30-11.00 Sit and be Fit

### Thursday July 6th:

8.00-8.25 Morning Stretch  
8.30-8.55 Weighted Workout  
9.15-10.00 SilverSneakers Yoga

### Friday July 7th:

8.30-8.55 Half Hour Aerobics  
9.00-9.50 SilverSneakers Cardiofit  
10.00-10.45 Chair Yoga

**Location:** Lincoln Community Center Aerobics Room

**Fee:** \$4/res., \$5/non-res. per class. SilverSneakers classes open to SilverSneakers members only.  
10% off for active Fitness Center members



Register online at [register.highlandparks.org](http://register.highlandparks.org)  
or at Lincoln Community Center  
2450 Lincoln Street, Highland, IN 4632  
(219) 838-0114  
Like us at [Facebook.com/highlandparks](https://www.facebook.com/highlandparks)