

## **Adult Lap Swim**

Swimming is one of the best overall body workouts. Build cardio and tone at the same time. Dedicated lap swim time available early mornings and evenings. Circle swimming is required when lap lanes are crowded. Dedicated lanes for slower swimmers will be marked.

**Location:** Manchester Main Pool

**Meets:** M-F, 10/1-12/22 (No Class, 10/8, 11/12, 11/22, 11/23)

**AM:** M-F, 6-7:15 AM

**PM:** M-F, 8:30-9:30 PM

**Fee:** \$40.00

## **Walk 15**

Exciting, motivating music along with four basic steps make this Walk fun and suitable for all fitness levels!

**Instructor:** Robin Frost

**Meets:** M, 10/15-12/17, 4:45-5:30 PM

**Location:** Community Y Recreation Center

**Fee:** \$30

## **Team Fit After Work**

Team Fit provides participants with a challenging and motivating strength and cardiovascular workout. Class includes a variety of innovative exercises to improve overall fitness. This class is designed for all fitness levels and customized to each individual.

**Instructor:** Karen Cimino

**Meets:** W, 5:00-5:45 p.m 10/31-12/12

**Location:** Center Springs Lodge

**Fee:** \$20.00