

Achieve your **FITNESS GOALS** in 2017 with **NANCY HUNER**



BEGINNER FITNESS

Designed to help improve and enhance muscle tone, refine balance and boost strength (abdomen, arms and thighs)

Tuesdays: 9 - 10 am

Note: Please bring a floor mat and water



GENTLE FLOW YOGA

Build strength and balance in your body. Increase mobility and flexibility. Relieve pain in lower back, hips and knees. Focus on breath to calm. Center and heal the mind/body/spirit connection integrating meditative practices.

Tuesdays: 10 - 11 am

Note: Please bring a floor mat and water

BALANCE thru Strength & Flexibility

Focused on BALANCE to enhance your physical stamina. This class helps build muscle strength through weight training and increases range of motion through a variety of stretch and yoga poses. Expect improvements in balance and bone density, while reducing your risk of sustaining injuries or falling. One of the 8 classes will be spent with Eric Huner (CPT and Registered Dietitian) reinforcing the principles of nutrition and exercise science that complement the objectives of this class.

Wednesdays: 9 - 10 am

Note: Please bring a floor mat, belt for stretching and water



FITNESS FOR EVERYONE

Designed to help improve and enhance muscle tone, refine balance and boost strength (abdomen, arms and thighs)

Wednesdays: 10 - 11 am

Note: Please bring a floor mat and water

Drop by for a Free Guest Pass or to Register for Ongoing Classes

THE VILLAGE CENTER
PJ Recreation Department, 2nd Fl
101-A East Broadway
631-802-2160
www.PortJeff.com

