

Fun & Fitness Fall 2017

Aerobics

Our Aerobics classes consist of a variety of Cardio–Strength–Floor Work–Core Conditioning in a fun and friendly environment.

Dates: August 28 – December 15, 2017

Cost: Supersaver \$103.00; Monthly \$35.00; MU students \$35.00 (all semester) *Discounts apply.*

- **Cardio Combo:** This 60-minute workout combines hi/lo aerobics, floor work, and toning. You will love this high energy class.
- **Head-to-Toe:** Combine just the right amount of cardio with weights, body bars, stability balls, or resistance tubing. Attention on core strength, balance, stretching, and flexibility are emphasized. You will be amazed at the things you can do and the results you can achieve!
- **Instructor's Choice:** Come on in and be surprised! It could be a scheduled class or something completely new. It's anyone's guess!
- **Kick-n-Core:** This high intensity/fat burning workout will strengthen your core and enhance agility.

Aerobics Class Schedule

- Monday: Cardio Combo 8 am
- Tuesday: Kick-n-Core 4:30 pm
- Wednesday: Head-to-Toe 8:30 am
- Thursday: Cardio Combo 8 am & Kick-n-Core 4:30 pm
- Friday: Head to Toe 8:30 am
- Saturday: Instructor's Choice 9 am

Note: When registering for Supersaver Aerobics, the indoor walking track will be included in the cost. The indoor walking track is available for use Monday through Friday 6:15 am – 12 pm.

For additional information, please email funfitness@misericordia.edu or call 570-674-6289.

To register, complete the attached registration form and mail or fax to: Misericordia University, 301 Lake Street, Dallas, PA 18612, Attn: CACE; Fax: 570-674-6232. The form can also be emailed (as a scanned document) to funfitness@misericordia.edu.