

# NEW CLASSES AT VIA

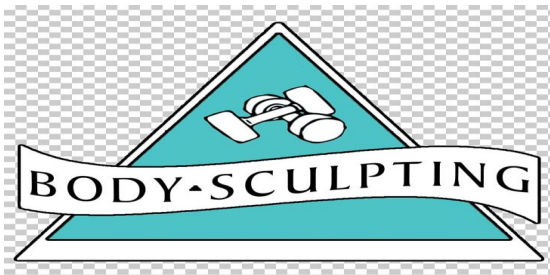
**WE REQUIRE VACCINE - COVID SAFETY PROTOCOLS  
IN PLACE**

**\*\*\* Gerry's Stretch & Balance has a new time  
starting August 17 - 11:30 a.m.**



## **Rhythm & Movement/Line Dancing w/Gerry**

Classes start  
Monday, August 16 at 11:30 a.m. &  
Wednesday, August 18 at 11:30 a.m.



## **Body Sculpting w/ Gerry**

Monday & Wednesday  
10:30 a.m. - 11:15 a.m.

## **Stay Fit & Age Better with Four Types of Exercise**



**Strength**  
30 minutes  
2 times a week

**Aerobic**  
15 to 30 minutes  
3 times a week

**Balance**  
10 to 60 minutes  
2 times a week

**Stretching**  
15 to 20 minutes  
Every workout

## **Stretch & Balance w/ Gerry**

Tuesday & Thursday  
12:30 p.m. - 1:15 p.m.  
\* REMEMBER NEW TIME



**Let's Get It Started!**

## **Get Back Into Fit!**

Sedentary post-Covid, post-rehab  
or just starting to exercise.  
Self-paced and FUN!

## **SS w/ June (combines yoga & pilates)**

Tuesday  
8:00 a.m. - 8:45 a.m.

## **SS Circuit Interval w/ June (muscle strength & range of motion)**

Tuesday  
9:00 a.m. - 9:45 a.m.