

AM Strength – N – Stretch Spring 2010
(plus combo class choice)

Instructor: Debbie Bosanko

Location: Lansing Town Hall (large meeting room)

Day/Date: Mondays (Strength-N-Stretch) and/or Thursdays (Combo Class)

Mondays: April 26, May 3, 10, 17, 24, June 7, 14, 21

Thursdays: April 22, 29, May 6, 13, 20, 27, June 3, 10, 17

Time: 9:30 – 10:30 AM

Fee: Mondays and Thursdays \$60 (17 classes)

Mondays (Strength -N- Stretch) only \$30 (8 classes)

Thursdays (Combo Class) only \$34 (9 classes)

Strength-N-Stretch: After a sufficient warm-up, participants will engage in about 35 minutes of strength training activities using either light hand weights, elastic bands or their own body resistance. Then, class will slow down with about 15 minutes of gentle stretching, breathing, and balance exercises.

Combo Class: After a sufficient warm-up, participants will engage in about 25 minutes of low-impact aerobics, 10 minutes of strength training, and 15 minutes of basic yoga, stretching, balance, and meditation exercises.

The benefits of regular strength training and stretching include: increased strength and flexibility, decreased cholesterol, increased energy, decreased risk of diabetes, heart disease and osteoporosis, better sleep at night and an enhanced feeling of well-being. (If you have your own weights or floor mats, *please* bring them. Some equipment will be available at the Town Hall.)

Morning Strength – N – Stretch and Combo Class Spring, 2010

Participant's Name: _____ **Date:** _____

Mondays and Thursdays _____ **Mondays only** _____ **Thursdays only** _____

Email address: _____ **Phone #'s** _____

Address: _____

Signature: _____

By signing this form, I agree not to hold the Town of Lansing or anyone associated with this program liable for any injury or illness as a result of participating in this program.

For official use only: Paid by cash _____ Check # _____ master/visa _____