



MISERICORDIA
UNIVERSITY

Fun Fitness

Fall 2020
Non-Credit & Special Programs for Life

FITNESS CLASSES

With a variety of classes, there's something for everyone! No matter your level, from beginner and beyond, our experienced instructors will strive to help you reach your goals.

Fitness packages are also available!

Dates: August 31 – December 18, 2020

Location: Anderson Sports & Health Center
Aerobics Room

Cost: Semester \$105.00; Monthly \$35.00 Discounts apply.

MU Students: \$35.00 (all semester)

To register, email funfitness@misericordia.edu

When registering for the semester for Fitness classes, the indoor walking track is included in the cost. The track is available Monday through Friday from 6:00 am to 12:00 pm.

Cardio with Extended Stretch

Enjoy the music and this low-impact workout! A relaxed stretch will complete the class.

Dance Party

Celebrate Friday with a dance-based fitness class that is engaging for all ages. The dance moves will alternate between high and low intensity moves designed to maximize your calorie-burning potential. Be ready to get your heart rate up and boost your cardio endurance! So much dancing, you'll forget you're working out!

Head-to-Toe

With the use of fitness equipment, this class is just the right combination of strength and cardio to start your day! Core strength, balance, and flexibility are emphasized.

Instructor's Choice

Come on in and be surprised! It could be a scheduled class or something completely new. It's anyone's guess!

Mind/Body Exercise

An effortless exercise practice utilizing stretch, flowing movements, deep breathing, and mindfulness. Easy to learn and follow, these gentle movements stretch and strengthen muscles, improve balance and flexibility, and reduce inflammation in joints. Deep breathing exercises help to reduce stress, anxiety, and tension.

Weekend Workout

An instructor's choice class, from aerobics to strength, or maybe a step class. Come on in and see what it will be!

FITNESS CLASS SCHEDULE

Monday	Cardio/Extended Stretch 8:00 am
Tuesday	Instructor's Choice 8:00 am
Wednesday	Head-to-Toe 8:30 am Mind/Body Exercise 12:30 pm
Thursday	Cardio/Extended Stretch 8:00 am
Friday	Head to Toe 8:30 am Dance Party! 12:30 pm
Saturday	Weekend Workout 9:00 am

MISERICORDIA UNIVERSITY DISCOUNTS (Only one discount applies)

- MU Alumni 50%
- MU Employee 50%
- Senior Citizen 30%
- Veteran 30%
- Immediate Family 20%
(Of Students & Employees)

Visit us at www.misericordia.edu/funandfitness for all our programs!

The Center for Adult & Continuing Education at Misericordia University