



MISERICORDIA  
UNIVERSITY

# Fun Fitness

**Fall 2020**  
Non-Credit & Special Programs for Life

## LUNCH TIME FITNESS

If you're looking for a mid-week break to de-stress and relax, and/or want to celebrate and have fun at the end of the week, we have the classes for you!

No matter your fitness level, from beginner and beyond, our experienced instructors will strive to help you reach your goals. *Fitness packages are also available!*

**Dates:** September 2 – December 18, 2020

**Cost:** \$15.00 Discounts do not apply.

*The \$15.00 fee allows you to take one or both classes each week.*

**To register, email [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu)**

### Mind/Body Exercise

**(Wednesdays, 12:30 to 1:15 pm)**

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.

Can't make Wednesday's Mind/Body Exercise class, or want to take it more than once per week? Then join us for this class every Tuesday morning at 8:00 am at no additional charge.

### Dance Party

**(Fridays, 12:30 to 1:15 pm)**

Celebrate Friday with a dance-based fitness class that is engaging for all ages. The dance moves alternate between high and low intensity to maximize your calorie-burning potential. Be ready to get your heart rate up and boost your cardio endurance!

**Visit us at [www.misericordia.edu/funandfitness](http://www.misericordia.edu/funandfitness) for all our programs!**

The Center for Adult & Continuing Education at Misericordia University