

Fun & Functional Fitness

Program by Christine Bositis

This class is designed to introduce people to basic movements, focusing on building a body capable of doing real-life activities in real-life positions. Everyday movements such as balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing and lunging will be made easier while training to improve functional strength. Fun cognitive activities are also integrated into this program. Up-beat music and fun/functional drills get the group going!



MONDAYS AT 9:35A

\$12/CLASS

REGISTRATION REQUIRED