

Clinton School Community Fitness Courses Calendar for October 2018

Spinning

Instructor: Suzie Hamilton

Spinning is an indoor cycling cardiovascular class. The motivational cues, music and movements will keep you inspired.

\$58 Monday & Wednesday 5:30a.m. – 6:15 a.m.

Mat Pilates

Instructor: Pam King

Pilates core strengthening with yoga stretches. A variety of implements will be used as stability balls, exercise bands, and light weight bars.

\$58 Monday and Wednesday 6:20 a.m. - 7:00 a.m.

Torch

Instructor: Suzie Hamilton

Torch calories and fat through an efficient workout that blends 20 minutes of spinning with 20 training (resistance exercise). Fast & effective, TORCH builds muscle, reduces fat and helps to improve your metabolism & balance. Each class is different.

\$58 Tuesday & Thursday 5:30 a.m. – 6:15 a.m.

Exhale Yoga

Instructor: Suzie Hamilton

Find your balance in body and life. This moderate yoga class is designed to nurture mindfulness while encouraging an exploration of poses and self-acceptance. Each class includes strengthening, stretching, balance, and relaxation. Please bring water and a yoga mat.

\$20.00 Friday 5:30 a.m. – 6:15 a.m.

Registration Information

Please register by: Tuesday, September 25, 2018 to secure your spot!

Online: www.moboces.org/adulted

By Phone: 888-593-6238 or (315) 793-8696

In Person: OHM BOCES 4747 Middle Settlement Road, New Hartford, NY 13413