

Winter 2023 Cable Area Fitness Opportunities

All-in-1

<p>Give your heart and lungs a boost with low impact steady state cardio, strength and stretching workout. Enjoy a good mix of old school aerobics and simple movement patterns designed for all levels.</p>	<ul style="list-style-type: none"> • Wednesdays from 4-5pm • January - May • Cable Community Center • No charge/ drop-ins welcome 	<p>Amy Huang cablewifitness@gmail.com</p>
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Rhythmic Movement

<p>Movements that will stimulate your mind & body connection using music. The exercises and movements can be done seated or standing. One's balance, ease of movement, core strength and cognition are activated</p>	<ul style="list-style-type: none"> • Wednesdays, Nov. 30, 10:30-noon, Drummond • Fridays, Dec. 2, 9-10:30 ,Cable Community Center • End date tbd • No charge/ drop-ins welcome • Donate to Cable Food Shelf 	<p>Sarah Boles florabee@hotmail.com</p>
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Essentrics

<p>Essentrics is a full-body dynamic stretch and strength workout that is safe for people of all ages, genders and fitness levels. Workout is primarily standing with some mat work to music. Imagery guides the workout movements.</p>	<ul style="list-style-type: none"> • Tuesdays at Cable CC/ Thursdays at OO Trail Center 8:45am (Zoom option) • Jan. 3- May 25 • No charge/ donation to local charity • Contact instructor to get on email list for weekly update 	<p>Mary Jean Fenske maryjeanessentrics@gmail.com</p>
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Yoga

<p>Hatha Yoga - focuses on developing balance, flexibility, and strength for body, mind, and spirit through mindful movement, breathing, and meditation. My intention is to make the practice accessible to all bodies.</p>	<ul style="list-style-type: none"> • Tuesdays from 9-10:30am • Jan. 10- May 9 (March break) • Drummond Town Hall • \$10 charge/ drop-ins okay space permitting 	<p>Joan Shumway shumwayyoga@yahoo.ca</p>
<p>Slow Flow Yoga -gentle to moderate intensity classes will include breath work, stretching, strengthening, balance and yoga philosophy. Participants are encouraged to have some familiarity with basic yoga poses,have the ability to move on and off the floor with relative ease and be comfortable in down dog. Bring your own mat and props.</p>	<ul style="list-style-type: none"> • Wednesdays 9:00-10:15 am • Jan. 4- Feb. 15 • Drummond Town Hall • \$10 charge/ drop-ins welcome 	<p>Kathy Kurdelmeier kkurdelmeier@gmail.com</p>

Tai Chi/ Qi Gong

<p>Tai Chi: The ultimate in moving balance meditation that begins with a smile. QiGong: Ancient Chinese fun total body movements for increased internal health.</p>	<ul style="list-style-type: none"> • Classes resume in March • No charge/ drop-ins welcome • Contact instructor for updates 	<p>Suzanne Rooney letzmotorsuzieq@hotmail.com 715-798-3344</p>
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