

Summer 2023 Cable Area Fitness Opportunities

Power Pump

<p>This dumbbell class is designed for all fitness levels. Targets all major muscle groups by using exercise such as squats, presses, lifts and curls. Emphasized low weight loads and high repetitions, motivational music.</p>	<ul style="list-style-type: none"> ● Wednesdays from 4-5pm ● Years around ● Cable Community Center ● No charge/ drop-ins welcome ● Bring a yoga mat, ● Bring dumbbells (if you have) 	<p>Amy Huang cablewifitness@gmail.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. Bring your own mat and props.</p>	<ul style="list-style-type: none"> ● Tuesdays Zoom at 7:30am ● Thursdays at Silverthorn 8:30am ● June 22 - August ● No charge/ donation to local charity ● Contact instructor to get on email list for any changes 	<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 9-10:30 am ● June 13-August 8, no class July 4 ● Drummond Town Hall ● \$10 charge/ drop-ins welcome 	<p>Joan Shumway shumwayyoga@yahoo.ca</p>
<p>Slow Flow Yoga -gentle to moderate intensity classes include breath work, stretching, strengthening, balance and yoga philosophy. Participants are encouraged to have some familiarity with basic yoga poses,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"> ● Thursdays from 8:30-9:45 am ● June - August ● Cable Natural History Museum Wake Robin Trail Center ● No charge ● Drop-ins welcome 	<p>Kathy Kurdelmeier kkurdelmeier@gmail.com</p>

Tai Chi/ Qi Gong

<p>Tai Chi: The ultimate in moving balance meditation for increased balance and fall prevention. QiGong: Ancient Chinese mind-body exercise using breath, meditation, and movement to improve health.</p>	<ul style="list-style-type: none"> ● Classes Wednesday and Friday ● Summer practices begin weekly 7/12 through September ● Cable Park Pavilion at 8:30 ● Drummond Town Hall at 10 ● Drop-ins Welcome ● No charge ● Contact instructor to get on email list 	<p>Suzanne Rooney letzmotorsuzieq@hotmail.com 715-798-3344</p>
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