

Fall/ Winter 2023 Cable Area Fitness Opportunities (updated 10-26-2023)

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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Creative Movement

<p>Based on BrainDance developed by dance educator Anne Green Gilbert, this class is an inclusive, adaptable, and accessible full body and brain workout. Class is adaptive for people of all physical capabilities and can be done seated or standing. Using imagery, improvisation, with simple dance movements make this class challenging and fun.</p>	<ul style="list-style-type: none"> ● Nov. 6 through Dec., Mondays at 4pm, Cable Community Center ● January through March, Wednesdays at 9am, Cable Community Center ● No charge. Donations to Cable Area Food Shelf ● Contact instructor for more information. 	<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. Bring your own mat and props.</p>	<ul style="list-style-type: none"> ● Most Tuesdays at 8:30am (Cable Community Center) ● Most Thursdays at 8:30am (OO Trail Center) ● Classes offered Zoom and in-person ● October- March ● No charge/ donation to charity ● Contact instructor to be on email list for changes and zoom link 	<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 ● 9/19 - 12/5 ● Drummond Town Hall ● \$10 charge/ drop-ins welcome 	<p>Joan Shumway shumwayyoga@yahoo.ca</p>
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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 held Wednesdays and Fridays. 9am at Cable Community Center and 10:30am at Drummond Town Hall ● Weekly 9/20- 12/15 ● 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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