

Spring/ Summer 2024 Cable Area Fitness Opportunities (updated 4-20-2024)

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 ● Year around ● Cable Community Center ● No charge/ drop-ins welcome ● Bring a yoga mat and dumbbells (if you have) 	<p>Amy Huang cablewifitness@gmail.com</p>
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Smart Moves

<p>Geared towards folks with mobility challenges especially those with Parkinson's or other neurological disorders. Improving balance, reflexes and flexibility. Wear comfortable clothing to move freely.</p>	<ul style="list-style-type: none"> ● Apr. 18 through May 30 ● Thursdays 10-11, Cable Community Center ● No charge. Donations accepted to support SMART. ● 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 and Thursdays at 8:30am year round ● Classes in Cable and Seeley ● Classes offered Zoom and in-person ● No charge/ donation to charity ● Contact instructor to be on email list 	<p>Mary Jean Fenske maryjeanessentrics@gmail.com 651-274-9723</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 ● April 9 to May 7/ June 11 to August 6/ September 17 to December 3 ● 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, and the ability to move on and off the floor with relative ease. Bring your own mat and props.</p>	<ul style="list-style-type: none"> ● Wednesdays from 9:30-10:45 am ● May - 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"> ● One hour classes ● 10am Wednesdays and Fridays at Cable Community Center/ 11:30am Wednesdays and Fridays at Drummond Town Hall (3/27 - 6/14) ● Summer practice weekly outdoors ● Contact instructor to be on email list 	<p>Suzanne Rooney letzmotorsuzie@hotmail.com 715-798-3344</p>
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