Exercise Classes in the Fitness Studio Creekside Building

Day	Time/Class	What to Bring	Instructor
Monday	Zumba/Strength Fitness 8:00-9:00 AM	Floor mat & weights	Morgan Bennett
Monday	Fit 4 Life: Strength, Balance, Flexibility/Mobility, Kick Boxing 9:30-10:30 AM	Floor mat & weights	Anthony Merrill
Tuesday	Life Strength, Balance, Flexibility & Mobility 8:00-9:00 AM	Floor mat & weights	Linda Morgan
Tuesday	T'ai Chi 9:15-10:15 AM	Comfortable Clothes & Shoes	Dell Simmons
Tuesday	Absolute Beginners Line Dancing 3:15-4:00 PM	Comfortable Shoes	Pam Fisher
Tuesday	Line Dancing 4:00-5:00 PM	Comfortable Shoes	Pam Fisher
Wednesday	Fit 4 Life: Strength, Balance, Flexibility/Mobility, Kick Boxing **TWO CLASSES** 8:00-8:00 AM 9:30-10:30 AM	Floor mat & weights	Anthony Merrill

Thursday	Strength/Pilates 8:00-9:00 AM	Floor mat & light weights	Morgan Bennett
Thursday	Line Dancing 4:00-5:00 PM	Comfortable Shoes	Pam Fisher
Friday	Fit 4 Life: Strength, Balance, Flexibility/Mobility, Kick Boxing **TWO CLASSES** 8:00-9:00 AM 9:30-10:30 AM	Floor mat & weights	Anthony Merrill
Saturday **NO CLASSES WHEN WATER AEROBICS IN SESSION**	T'ai Chi 9:15-10:15 AM	Comfortable Clothes & Shoes	Dell Simmons

PLEASE NOTE:

- All classes are $6.00 and payable to the instructor on the day of the class.
- All Exercise Classes are held in the Fitness Studio Creekside Building.
- The Fitness Studio has added a rack of weights ranging from 3-10 lbs. and resistance bands. You are welcome to use the weights to minimize what you need to bring to class, but there would not be enough lighter weights 2-5 lbs. for an entire class, so you should still plan on bringing those.
- No Tai Chi classes during the warm spring, summer & fall months when Dell is teaching Water Aerobic classes at the MAC pool on Saturdays.
- For more information, please contact Debbie Cornell (STMA Assistant Community Manager) at 910-579-5374
- * Anthony Merrill can be contacted via email fit4life1257@gmail.com

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