

# Glidefit

June 10-July 26, 2019

**\*NEW CLASS\***

**GlideX:** (Intermediate/Advanced fitness class)

Get ready to work hard! This class will be on the boards with boot camp moves and in the water swimming. For this class you must be able to swim freestyle as we will cross train swimming and Glidefit. (6 boards available)

**T/TH 1:00-2:00 pm          Saturday 9:30-10:30 am**

**\*T/TH class is during open rec, children ages 6 and over are welcome!**

**Boot Camp:** (Intermediate/Advanced fitness class)

This class can be tailored to an individual's ability's and fitness goals. We will do interval training that works arms, legs, butt, and major core. (6 boards available)

**M/W/F 5:45-6:45am**

**Glidefit Stretch and Tone:** (ALL fitness levels)

This class will focus on stability, strength and flexibility through yoga based movements. (6 boards available)

**T/TH 6:30-7:15 am**

**BEE Glidefit:** (All fitness levels)

This class is a comprehensive whole body workout and can be tailored to meet any individual goals. (6 boards available)

**M/W 7:30-8:30 pm**

## **Pricing for Classes:**

**20 Class Punch card:** Pass Holder \$30          Non-pass Holder \$50

**Drop in fees:** Pass Holder \$2 per class          Non-pass Holder \$5 per class

Contact Emily Nannfeldt for more information or to sign-up [enannfeldt@bridgmanschools.com](mailto:enannfeldt@bridgmanschools.com)