

Registration

- 1) Call 586.752.6543 to pay over the phone via credit card
- 2) See Fitness Instructor SunshineKelly at one of her Washington classes

Cardio Chisel - A high cardio and bodyweight toning class that uses an interval clock to start and stop the moves. The exercises are flexible to push the advanced folks with medication options to accommodate low impact exercising folks. Fun music with absolutely fun fitness peeps.

Monday 9:00am, Tuesday 8:30am & 5:45pm, Friday 9:15am

Muscle Maddness- Weight lifting that focuses on building muscle. Ripping curls at a moderate pace that can be adjusted for various levels of fitness. Dumbbells, body bars, bands, and stability balls are used to create variety and promote muscle growth.

Tuesday 9:30am, Thursday 9:30am

Sunshine Chats: As a group, we will gather together and talk about things that we are all experiencing. We all have thoughts and feelings about things like body image, nutrition questions, work/life balance, and other interconnected parts of our lives. The conversation will be led by yours truly, an experienced and licensed therapist.

Tuesday 7:00pm Washington Senior Citizen Recreation Center

- 3) See Becky Hopp in her office at the Washington OR Romeo location. Please call - 586-752-6543- ahead to find out which location she is at on that given day.

