

# GET FIT AT CONGREGATION BETH EL

## BODY CONDITIONING WOMEN'S WORKOUT

Join us for a head to toe body workout designed to Enhance Full Body Conditioning!  
Get your heart rate up and work out your entire body.



- This class uses a combination of free weights (optional), your own body weight and mat/towel work.
- The emphasis is on Strength, Flexibility, Balance, Core Exercises and Interval training with Cardio.
- This is a very well rounded workout and provides Complete Overall Conditioning.
- You will have a Blast, Gain more Energy, Feel and Look Healthier!

Facilitated by Tamra P Herb, N.D. Naturopathic Doctor/ ACE Certified Personal Trainer

Cost: \$15.00 per class (one month commitment required, 4 sessions = \$60).

Dates & Times: Every Wednesday from 6:45- 7:45 p.m.

4 Sessions: February 3rd, 10, 17, 24 / 4 Sessions: March 3rd, 10, 17, 24.

What to Bring: Exercise Mat or Beach Towel, 5-10 pound weights (Optional) and a Water bottle.

Location: Jacobs Family Community Hall

## SENIOR STRETCH WORKOUT SESSIONS

Seniors of all fitness levels can benefit from this stress relieving, mind centering workout!  
The class includes the use of a chair for seated and standing support and offers a variety of exercises for the upper and lower body all of which will help you:

- Gain better mobility
- Achieve increased balance
- Improve muscle tone
- Have some fun with great social interaction!

Facilitated by Tamra P Herb, N.D. Naturopathic Doctor/ ACE Certified Personal Trainer

Cost: \$12.00 per class (one month commitment required, 4 sessions = \$48).

Dates & Times: Every Tuesday from 10:30-11:30 am

4 Sessions: February 2nd, 9, 16, 23 / 3 Sessions: March 2, 9, 16.

What to Bring: Water bottle and wear comfortable clothing.

Location: Jacobs Family Community Hall

For more information or to register either or both of these classes,  
please email [rsvp@congregationbethel.org](mailto:rsvp@congregationbethel.org). You can also find info  
on our website at [www.congregationbethel.org](http://www.congregationbethel.org)

