

# Time to get Fit?



Join the "Circuit  
Breakers" for the finest  
Circuit training in the area.

You can exercise anytime from 6am until  
6pm Mon-Wed and Fri and on Thursdays  
from 6am-Noon.

Cost is \$10/mo. Call for  
details 268-6605  
Centennial Hall  
608 Harriman Ave S

# **DANCE CLASSES FOR ALL AGES!**

## **Adult Country Line Dancing & Clogging - low impact**

Enjoy a morning of fun and exercise! Participants will learn basic clogging\* footwork and classic country line dances such as the Electric

Slide and Cha Cha Slide. Wear comfortable clothing and shoe.

All adults welcome - any age!!

Held Friday Mornings – Check Calendar for details or  
call Centennial Hall at 268-6605

LOCATION: Centennial Hall, 608 Harriman Ave – Amery, WI

FEE: \$40 for 7 Fridays or SENIOR FEE (62+): \$34 for 7 Fridays

Class 1: 10:00am for beginners - no previous dance lessons necessary

Class 2: 10:30 for those previously enrolled in Sheryl Keller's classes.

**YOU CAN JOIN AT ANY TIME!**

# Dance & Movement for Children 18 months to preschool

Fun, organized dance and movement without a major commitment to

a long dance program. Focus of the class is rhythm, movement, and

beginning clogging\* steps. No specific clothing required. Listening and learning how to be a part of a class are much of the focus, and

parents are encouraged to participate.

Held Friday Mornings at 11am – Check Calendar for details or call Centennial Hall at 268-6605

LOCATION: Centennial Hall, 608 Harriman Ave – Amery, WI

FEE: \$40 for 7 Fridays

*\*clogging: a fun, authentic form of American folk dance also called "hillbilly*

*tap-dancing"- no wooden shoes involved!*

**Not sure? Stop by Centennial Hall and check it out.**

**Pre-Register through Amery Community Ed. 268-9771  
X220**



**SILVER FOXES**  
**EXERCISE GROUP**

Low Impact Aerobic Exercise  
working out with  
Richard Simmons!

Join us every Monday, Wednesday  
and Friday at 9am for 45 minutes -  
then stay for coffee!



Come try out our Wii Fit at Centennial Hall! Wii Fit takes the whole concept of games as exercise to a new level! It is an innovative mixture of fitness and fun. Wii Fit features four main categories to choose from: Strength Training, Aerobics, Yoga, and Balance Games. Wii Fit also tracks the activities you do the most and puts them into the Favorites category. The use of the Wii Fit is free to members and can be used during our regular office hours. For your privacy, the door can be closed during your workout. Come try it out!



# GENTLE YOGA



Yoga helps improve balance, strength and flexibility and leads to greater self-awareness, confidence, and peace of mind. Gentle yoga is suitable not only for seniors, but also beginners, pregnant women, and people recovering from an illness or injury. Join Kripalu Yoga Instructor Cindi Buezli on Wednesdays at 10am-11:15am at Centennial Hall for her yoga classes. Cost is based on a sliding fee scale from a suggested minimum to the regular class rate. Call Centennial Hall at 268-6605 or Cindi at 268-2860 for more information.