

Fitness Basic & Fitness Challenge

Healthy Columbus Fitness Programming

Quarter 2 2012 classes begin the week of April 2nd and end the week of June 4th..

The Fitness Basic and Fitness Challenge classes are taught by Dimitrious Stanley and his staff of personal trainers. Dimitrious is a former Ohio State and Miami Dolphins Wide Receiver and currently owns Source Fitness.

Fitness Basic:

This 12-week class is just right for people who have just started to be active or who want to get active. The class content will vary each week but will all include low-to-medium impact activities, stretches and light weights. Each class is officially 30 minutes long, but participants will have the option to stay for an additional 15 minutes. All participants should bring a water bottle to class.

Fitness Challenge:

This 12-week class is appropriate for seasoned fitness fanatics. Classes will feature **high-impact cardio, significant work with free weights, body weights, resistance bands and stretching.** Classes are 45 minutes long and offered in the early evening- **you will break a sweat!** Participants are strongly encouraged to bring a towel and a water bottle.

Fitness Basic Classes:

(Participants may choose to stay for an additional 15 minutes)

Monday:

Fire Training Academy, 11:30-12:00 3639 Parsons Ave.

Tuesday:

Technology (1111 E. Broad), 11:30-12:00.

Beacon Building 50 W. Gay St., 11:30-12:00.

Thursday:

Columbus Public Health (240 Parsons Ave) Fitness Room, 11:30-12:00.

Fitness Challenge Classes:

Tuesday:

Columbus Public Health, 5:30-6:15- Auditorium. Free Parking

To Register:

1. Print the attached registration form.
2. Complete the form, checking the box for the class of your choice. You may only register for one class.
3. The registration period for Q2 2012 is from 2/27/12- 3/23/12. Registrations will not be accepted after this time.
4. Fax your registration to 645-8022.