

RIVERVIEW RECREATION

WINTER FITNESS & FUN

CARDIO DRUMMING GOLD

Easy to follow routines that target your whole body. This class is perfect for the beginner and is designed for any ability and can be tailored to your level. Gold classes are great for any age but targets the exercise needs of ages 45 and up. Please bring (up to 75 cm) exercise ball, drumsticks and a bucket for your ball to sit on. If you would like to give it a try, we do have some equipment to borrow. Chairs provided for those who do not wish to stand. **Instructor: Lisa Magyar**

Tues. 10:00-11:00 a.m.

Jan. 10 - March 28

Thurs. 7:10-8:10 p.m.

Jan. 12 - March 30

Cost: \$5.00 drop in

Class Limit: 20 City Hall Gym

TOTAL BODY TONING

This head to toe workout will start with a quick warm up, followed by a 20 minute arm routine, a set of body toning exercises and finish up with an awesome stretch. Please bring a mat and a pair of 1 up to 5 lb. hand weights. Chairs provided for those who do not wish to go on the floor. **Instructor: Lisa Magyar**

Thurs. 6:00-7:00 p.m.

Jan. 12 - March 30

Cost: \$5.00 drop in

Class Limit: 20 City Hall Gym

STRETCH & TONE

Start your day with this 45 minute, no/low impact, low intensity workout that will tone your muscles, increase your range of motion, balance and flexibility, and help you to relieve stress. Through a series of simple stretching and toning exercises, participants will find improvements in overall functionality of the body. Please bring a pair of 1 to 5 lb. hand weights. This class will be done standing so no mat needed. Chairs provided for those who do not wish to stand. This class is for 14 & older.

Instructor: Lisa Magyar

Tues. 9:00-9:45 a.m.

Jan. 10 - March 28

Cost: \$5.00 drop in

Class Limit: 20 City Hall Gym

CARDIO RHYTHM WALKING

Combinations are easy to follow and so much fun. Light weights for muscular strengthening round out your class. There is no floor work. You'll be singing as you get fit with walking combinations. You should come and check it out!

Instructor: Sue (Flanary) Michetti

Wed. 9:00-10:00 a.m.

Jan. 11 - Mar 22 (No class Feb. 22)

Cost: \$5.00 drop in

Class Limit: 20 City Hall Gym

SPICED APPLE & PORK CHILI

Warm yourself up with this hearty & healthy Spiced Apple and Pork Chili along with a slice of cornbread. The chili has a smoky, sweet flavor and is an easy to put together filling dinner. We will be making approximately 2 quarts of chili. This chili freezes well and is perfect for a quick meal. **Please bring** a knife and any utensil that you use for cutting and peeling applies. If you don't have these, I have extras to borrow. All ingredients will be provided. **Instructor: Lisa Magyar.** If the child is 6-11 years old a parent/guardian must stay to help, if a parent/guardian wants to participate and make their own chili, they must register & pay also. Ages 12 & older a parent does not need to be present.

Supply fee of \$25.00 cash is payable to the instructor at the class. No refunds after January 28th **NO WALK INS, MUST PRE-REGISTER** Lisa Magyar, Inst.

Riverview Recreation

734-281-4219

Register Online for the Craft & Cooking Classes at

<https://secure.rec1.com/MI/riverview-mi/catalog>