

Cardio Dance Sculpt

Low High Impact

Low-High impact dance class, that incorporates whole body group fitness workout using resistance bands, weights, resistance tubes, bosu, Medicine balls, and body weight to enhance fitness level. It's ideal for all levels.

- Improved muscular strength and endurance
- Increased heart fitness
- Better agility and balance
- Improved posture
- Weight loss through elevated calorie expenditure
- Reduced risk of bone and joint degeneration

Instructor: Norma Perez
Swaybody.com ~ 832-388-2956
norma@swaybody.com

Monday mornings ~ 9:00 - 10:00 a.m.

Pricing:

\$35 per month ~ 4 classes

\$60 per month ~ 8 classes

\$10 per class ~ drop in fee

You may combine classes.

Please pay instructor.

St. Martin's Activity Center Aerobics Room

Please fill out and sign an Activity Center release form for this class.

Zumba Dance/Pilates

30/30

**ARE YOU READY TO PARTY YOURSELF INTO SHAPE?
START OUT WITH 30 MINUTES PILATES,
THEN 30 MINUTES DANCING.
COME JOIN THE FUN!**

Instructor: Norma Perez
Swaybody.com ~ 832-388-2956
norma@swaybody.com

Tuesday mornings ~ 8:30 - 9:30 a.m.

Pricing:

\$35 per month ~ one class per week

\$60 per month ~ two classes per week

\$85 per month ~ three classes per week

Please pay instructor.

St. Martin's Activity Center Aerobics Room

Please fill out and sign an Activity Center release form for this class.

Mat Pilates Flow

A REFRESHING MIND-BODY WORKOUT

By emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body. You will actually learn how to control its movement. Proper breathing is essential, and helps you execute movements with maximum power and efficiency.

- Develop a strong core - flat abdominals and a strong back
- Move efficiently
- Reduce stress, relieve tension, and boost energy through deep stretching
- Restore postural alignment
- Create a stronger, more flexible spine
- Increase joint range of motion
- Improve circulation
- Heighten neuromuscular coordination
- Enhance mobility, agility and stamina
- Compliment sports training and develop functional fitness for daily activity
- Improve the way your body looks and feels

Instructor: Norma Perez

Swaybody.com ~ 832-388-2956

norma@swaybody.com

Tuesdays ~ 5:00 - 6:00 p.m.

Pricing:

\$35 per month ~ 4 classes

\$60 per month ~ 8 classes

\$10 per class ~ drop in fee

You may combine classes.

Please pay instructor.

St. Martin's Activity Center Aerobics Room

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Yoga!

taught by Linda Weiner

Learning and practicing yoga with proper alignment and form enhances muscle strength and flexibility and prevents muscle imbalances which cause most athletic injuries. This class works on strengthening the weakest muscles using Hatha style yoga and provides a challenging workout as beneficial as an aerobic workout. This ancient technique of focusing on deep, steady breathing calms the nervous system and relaxes the mind while building strength and flexibility in the body. Yoga will help you feel relaxed, energized, focused, and rejuvenated.

Linda Weiner was trained by Robert Boustany, Julie Byrd, and Amy Garrett. Linda practices yoga daily. As a former teacher and salesperson in the recruitment business, Linda feels yoga is a paradigm for life - teaching us how to approach life's daily stressful struggles in a strong, calm, and healthy way.

Two convenient classes!

Wednesdays, 12:30 - 1:30 p.m.

Fridays, 12:30 - 1:30 p.m.

\$10 per class ~ please pay instructor

St. Martin's Activity Center Aerobics Room

Please fill out and sign an Activity Center release form for this class.

Please bring a can of infant formula to help LIFE/Houston.



Mat Pilates Fusion

Body Sculpt

WHAT IS PILATES?

Pilates exercise enables one to become stronger, longer, leaner, and more able to do anything with grace and ease.

- **Develop a strong core - flat abdominals and a strong back**

Pilates exercises develop a strong “core”, or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.

- **Gain long, lean muscles and flexibility**

More conventional or traditional workouts are weight bearing and tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

- Create an evenly conditioned body
- Improve sports performance and prevent injuries
- Improve body composition
- Improve spine health and posture

Equipment: Fitball, Magic circle, resistance bands, 2-3 lb. balls, bender ball. Instructor will provide equipment.

Instructor: Norma Perez

Swaybody.com ~ 832-388-2956 ~ norma@swaybody.com

Thursdays ~ 8:30 - 9:30 a.m. **and** 5:00 - 6:00 p.m.

Pricing:

\$35 per month ~ 4 classes

\$60 per month ~ 8 classes

\$10 per class ~ drop in fee

You may combine classes. Please pay instructor.

St. Martin's Activity Center Aerobics Room

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Masala Bhangra Workout

Bhangra and Bollywood Style

The Masala Bhangra Workout® is an Indian-inspired dance fitness program, designed for people of all ages and fitness levels who want to stay physically active through dance and want to learn about Indian culture. Masala means “spicy” in Hindi, and Bhangra is a traditional folk dance from the northern state of Punjab, India.

Specifically, it introduces high energy Bhangra and Bollywood dance movements in an easy-to-follow fitness format, and is a mechanism by which thousands of people have lost weight and become physically active.

Created by expat Sarina Jain, the hour-long cardio workout incorporates sliding steps, squats, jumps, turns, and lots of hand and wrist movement set against upbeat modern Bhangra music - a percussion-based genre that sounds like a mash-up of hip-hop and classical Indian music. With the dance choreography directly influenced by the music and dance of modern Bhangra and Bollywood styles, The Masala Bhangra Workout® is a fresh and exciting addition to the world of fitness and dance. **BALLE BALLE!**

Instructor: Norma Perez
Swaybody.com ~ 832-388-2956
norma@swaybody.com

Tuesdays ~ 6:00 - 7:00 p.m.
Thursdays ~ 6:30 - 7:30 p.m.
Fridays ~ 10:30 - 11:30 a.m.

Pricing:

\$35 per month ~ 4 classes

\$60 per month ~ 8 classes

\$10 per class ~ drop in fee

You may combine classes. Please pay instructor.

St. Martin's Activity Center Aerobics Room

Please fill out and sign an Activity Center release form for this class.