

MAY SPECIALS & NEW CLASSES

Coudersport Wellness Centers-Specials

Wellness Pass (offer good thru May 31) 10% off Regular priced memberships

Class Punch Card Specials (June, July & August) 1 punch per class good for all the summer classes (\$68.00 for card worth 10 classes)

Mother Day Massage Gift (Offer good thru May 31st) Buy 3 massages and get one free –of equal value

Personal Training Specials

Check out the ½ hour sessions meant for our busy life.

Want to save money...train with friend/friends.

½ hour sessions – 4 sessions for \$50.00

Purchase 12 personal training sessions and get a free punch card (10 punches)

Train with a friend/friends – 4 one hour sessions for a total cost of \$100.00

Summer Classes

NEW classes! Get your Punch Card and Start Working Out!

Morning Classes:

Monday & Wednesday; 6:00-7:00 am – Cardio Class (Kickboxing, Step & Koga)-Donna Thomas, Instructor

Silver Sneakers: ANYONE can join the Silver Sneakers Class

Monday & Wednesday; 1:00-2:00 pm & Tuesday & Thursday; 9:00-10:00 am

Lunch - 12:00 Classes

Monday; 12:00-12:45 – Chair-Gentle Yoga (You do not need to be flexible or need to get on the floor –Stretch and relax! A great way to beat the Monday's blues)

Tuesday & Thursday; 12:00-1:00 – Boot Camp (Kickboxing, Koga, Step, Circuit, Exercise Ball, Weights Strength Training, Walk/Walk, Ab Crunch)-Donna Thomas, Instructor

Evening Classes

Wednesday Evening; 5:00-6:00 pm -Beginners Class (Walk---similar to Leslie Sansone Walking DVD's &

Beginners Strength Training) this class is meant for anyone who is looking to begin an exercise program, easy to follow and does NOT require coordination-Donna Thomas Instructor

Tuesday & Thursday 5:15-6:15 –Yogalates w/ Crystal Morales (Stretch, breathe, relax, lengthen, strengthen, and tone your body).