

# SPUNC

Specific • Powerful • Unique • Neuromotor Conditioning



## It's time to get your SPUNC back!

**SPRING 2020**

This specialty small group program incorporates neuromotor exercise or functional fitness training with bouts of high-intensity interval training, balance training, and facilitated stretching techniques.

Each session is guided by the expertise of a personal trainer and is open to all fitness levels 50 years and up. You will be coached and motivated to move along an agility course, through strength, balance and cardiovascular conditioning exercises.

The focus is on proper form and body awareness to improve function, mobility, overall fitness, and quality of life. Sign up with a friend or two and start looking, feeling and living better.

**Ages 50 & Older**

**Meets in the Group Fitness Studio**

**Registration Required | 24 Hr. Cancellation Policy**

### SPUNC NEWBIE

#### **SMALL GROUP (6 person max)**

If you are new to SPUNC and looking for the motivation and support of a group while receiving focused intense coaching this is the class for you.

<b>Tuesdays</b>	<b>4:00pm-5:00pm</b> Ruth Habrecht
4/7-4/28	\$99 (\$109)
5/5-5/26	\$99 (\$109)

### SPUNC INTERMEDIATE

#### **SEMI-PRIVATE (4 person max)**

If you are confident with your abilities or have participated in a previous SPUNC class and are looking for the sweet spot between group training and personal training. A way to receive the motivation and support of a group while receiving a heavy dose of focused intense coaching

<b>Thursdays</b>	<b>3:00pm-4:00pm</b> Ruth Habrecht
4/9-4/30	\$119 (\$129)
5/7-5/28	\$119 (\$129)

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