

## Walk Across Texas

Free Class Offering from The Center for Fitness

Walk Across Texas Participants are invited to  
attend these classes for free during the 8-week program

Mar 21 – May 15:

- Tuesdays, 3/22 – 5/10: Stretch, 9:15 – 9:45 am. Quiet, concentrated stretching of the upper and lower body and trunk muscles. A relaxing way to increase flexibility and improve posture.
- Thursdays, 3/24 – 5/12: Aqua Aerobics, 5:30 – 6:30 PM. This class includes cardio endurance and muscle strength and follows with a cool down incorporating yoga poses and aquatic Pilates stretches.
- Saturdays, 3/26 – 5/14: Zumba® Gold 9:30 – 10:30 am. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active baby boomer, as well as those just starting their journey to a fit and healthy lifestyle. It's exercise in disguise!