



# Get fit, have fun, feel great!

## *Live Online Classes with Christine Cowan*

### **Interested in a fresh approach to health & fitness?**

Christine is an accomplished professional with over 40 years experience teaching fitness and yoga. Her friendly and caring holistic approach will not only inspire your physical, mental and emotional wellness but challenge you with progressively harder workouts every week. Keeping it simple, focusing on good form and honoring our “cranky” spots are the hallmarks of every session.

### **Craving motivation and camaraderie?**

We're on this journey together. Sharing the experience with other like-minded people provides a boost of motivation and accountability, making it easier to stay committed. Christine's educational and entertaining style makes every session fun and engaging. “Every day, in every way, we are getting better, better and better”!

### **Looking for value and convenience?**

Working out at home is easy and convenient. Download the Zoom app, follow the class link that arrives via your email and you're in. Busy at 11:00? No problem, classes are recorded for you to use on demand. Christine customizes the workouts to serve the needs of all participants. You won't find this level of personalized service at the local gym or from large mass market programs.

## Ready to start your fitness transformation?

If you're ready to get younger, stronger, more flexible; reduce nagging aches and pains; improve your sports performance; learn to relax; and discover a genuine appreciation for body and mind, Let's do it!

Christine's virtual classes are subscription only:

\$475/year, \$160/session or \$50/month paid by cash, check or Zelle.

Contact Christine Cowan today with questions and to reserve your spot.

[cmcowan27@verizon.net](mailto:cmcowan27@verizon.net) *Join at any time, there's always room for you on the team!*

## Class Schedule

Mondays- **Core Conditioning** 11:00-11:30 & **Yoga Express** 11:30-12:00

Wednesdays- **Strength Training** 12:00-12:45

Fridays- **Yoga** 11:00-12:00

*All Times are EST*

## Class Descriptions

**Core Conditioning:** Pilates based class to activate and strengthen your core muscles including abdominals, glutes and lower back. Improve your posture, balance and stability. A strong core creates a solid foundation to achieve optimal performance in sports as well as simple everyday activities like gardening.

**Strength Training:** Get strong, lean and fit with this full body workout using a variety of exercises designed to increase muscular strength, bone density and improve metabolism. A great way to tone muscles and lose body fat. Light weights & exercise bands will be incorporated.

**Yoga:** Develop your mind/body connection as you practice standing and seated poses, along with balancing and breath directed movements. Yoga develops flexibility, mobility, strength, bone density, balance, proper breathing, relaxation and self acceptance.

**Yoga Express:** Concise yoga practice to cultivate relaxation, flexibility & focus

## Materials Needed

Computer, iPad or phone. Exercise mat. Household items like step stool, pillows, paper plates. Exercise items like weights, bands, yoga blocks, swissball, etc