



# Tone Our Muscles

## Toning Class for Every Fitness and Ability Level

What is toning? Muscle toning involves easy exercises that target specific muscles and gives them the workout they need to become lean and healthy. Regular toning exercises can:

- Reduce body fat and weight, especially when combined with a healthy diet.
- Increase energy, stamina and flexibility.
- Decrease the risk of developing diseases such as diabetes and heart disease.
- Tone muscles while strengthening bones which improves posture and reduces the risk of osteoporosis.
- Reduce stress levels.

Certified exercise instructor **Nancy Johnson** will be leading toning classes. This class is for everyone regardless of ability or fitness level. The class is non-competitive and exercises are tailored for each person's fitness level and physical ability. This will be a safe, supportive environment to work on fitness goals.

*If you have been sedentary for a significant part of your life without much exercise, have heart problems, or other health conditions or concerns, you should consult your doctor before beginning any new exercise regimen.*

Classes will be held at the **Family Resource Center at 1901 Maple Street, 4:10pm – 5:00pm** on:

<b>February 2</b>	<b>March 9</b>
<b>February 9</b>	<b>March 16</b>
<b>February 16</b>	<b>March 23</b>
<b>February 23</b>	<b>March 30</b>

Bring a beach towel or workout mat, water bottle, and if you have them, up to 5 pound hand held weights – 3 pounds are recommended. Wear comfortable workout clothes and athletic shoes. Be ready to have a great time!!

**Questions?? Contact Nancy at ext. 3546 or Dawn at ext. 3451.**

