

Fitness Appetizer Night

February 7, 2012

Come have a “bite” of all our exercise classes! You might just find that you want to sign-up for the whole entrée!

The City of Davis’ Recreation Division is offering a “**Fitness Appetizer Night**” in February to give community members the opportunity to sample our various fitness classes. This class features a little bit of everything, including stretching, cardio, weights, and yoga. Come join us for some fun!

The following instructors are eager to introduce you to their classes & teaching styles, while giving you a terrific workout:

Ann Smalley – Instructor for “Sunrise Step, Tone & Stretch” & “PM Aerobics”

Julia Kable – Instructor for “AM Aerobics” & “AM Yoga”

Ali Loge – Instructor for “Body Blast”

Annie Laurie – Instructor for “Yoga Meditation”

The class format will mimic the structure of a typical fitness class:

5:30-5:45 p.m.: WARM-UP with Ann Smalley

5:45-6:00 p.m.: CARDIO with Julia Kable

6:00-6:15 p.m.: WEIGHTS with Ali Loge

6:15-6:30 p.m.: COOL DOWN with Annie Laurie

Location: VMC MPR
(203 East 14th Street)
Date: Tuesday, 2/7/2012
Time: 5:30 - 6:30 p.m.
Price: \$ 6.00
Ages: 18+
Class #: 8745 S1

This is your chance to get a glimpse of what each class is all about! The instructors will also be available to answer questions throughout the class.

FIT PASS participants are welcome to attend.

For Class Registration Information call (530) 757-5626 or visit cityofdavis.org

