



# Cardio Strength Fitness Class

The cardio strength exercise program is offered on Monday, Tuesday and Thursday evenings at the Galena ARC. The class is a mix of cardio and strength exercises set to a wide range of music types. The class is suitable for beginner-intermediate fitness levels at all ages. The instructor, Michelle Harris, is a certified group fitness instructor through the American Council on Exercise (ACE). Bring water and a towel. Optional equipment: Hand weights (suitable to your strength level)

11084 W US Hwy 20, Galena, IL  
815-777-2248  
Email: [office@galenaarc.org](mailto:office@galenaarc.org)  
[www.galenaarc.org](http://www.galenaarc.org)

Join us each night or when you can!

**Mon 6:30 pm-7:15 pm**

**Tue 6:45 pm-7:30 pm**

**Thu 6:30 pm-7:15 pm**

Due to social distancing guidelines, class is currently limited to 10 participants to allow for adequate spacing. Although not required, you may reserve a spot up to 24 hours in advance by emailing [58michelleharris@gmail.com](mailto:58michelleharris@gmail.com). Walk in participants will be allowed on a first-come-first-serve basis up to 10 people.

**Class Instructor: Michelle Harris**

## Cardio Strength Exercise Class Registration Form

Return this form w/payment to the ARC. Mail to the ARC, bring to the office or to your first class.

Name: \_\_\_\_\_

Home Address \_\_\_\_\_

Phone \_\_\_\_\_

Email Address (for ARC communication) \_\_\_\_\_

\_\_\_ \$35 (5) class punch card

\_\_\_ \$65(10) class punch card

\_\_\_ \$80 (15) class punch card

\_\_\_ \$8/per class Visitors/Drop In

OFFICE USE ONLY: \_\_\_\_\_ Date Paid \_\_\_\_\_ Check#/Cash \_\_\_\_\_ Database \_\_\_\_\_ Email Distribution List