

# Cardio Strength Fitness Class

The cardio strength exercise program is offered on Tuesday and Thursday evenings at the Galena ARC. The class is a mix of cardio, strength and flexibility exercises set to a wide range of music types. The class is suitable for people of all ages, sizes and fitness levels. The instructor, Michelle Harris, is a certified group fitness instructor through the American Council on Exercise (ACE). Bring water and hand weights suitable to your strength level. Yoga mat optional. Join us both nights or when you can!

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

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

**Class held Sept 3, 2024 to May 8, 2025**

Scheduled no class dates\*: 10/8/24, Halloween, Thanksgiving, Christmas Eve, New Year's Eve, 3/4/24, and 3/6/24

\*Other classes may be cancelled due to unforeseen circumstances or weather and will be communicated by text/email.

**Class Instructor: Michelle Harris**

Class Location:

Galena ARC

Lower Level Dance Room

11084 W US Hwy 20, Galena, IL

**Please sign up for classes a day  
in advance by text or email**

Limited equipment will be available for classes on a first-come-first-serve basis for portions of some classes. Call or email questions to Michelle Harris at:

(815) 994-2003

[58michelleharris@gmail.com](mailto:58michelleharris@gmail.com).

## Cardio Strength Fitness Class Registration Form

Bring this form and payment to class with you. Checks can be made payable to Michelle Harris.

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

**Mobile Phone (for class communication)** \_\_\_\_\_

**Email Address (for class communication)** \_\_\_\_\_

\_\_\_\$7/per class Visitor/Drop In

\_\_\_\$60(10) class punch card

**INSTRUCTOR USE ONLY:** \_\_\_\_\_ Date Paid \_\_\_\_\_ Check#/Cash