

Core Foundations Class

The Core Foundations class is offered on Tue and Thu evenings at the Galena ARC (Thu evenings only from Memorial Day to Labor Day). The class is a gentle mix of cardio, strength, flexibility, stretching and balance exercises that touches on all the basic pillars of fitness. The class is suitable for people of all ages, sizes and fitness levels. The class is great for people who are new or returning to exercise and are looking for an approachable and welcoming class to ease into it. The instructor, Michelle Harris, is a certified group fitness instructor through the American Council on Exercise (ACE). Bring water, yoga mat, and hand weights suitable to your strength level. Join us each night or when you can!

Class Location:
Galena ARC
Lower Level Dance Room
11084 W US Hwy 20, Galena, IL

**Sign up required by
3pm on class day at
text or email below.**

Tue and Thu 6:45 pm-7:30 pm

Classes may be cancelled due to unforeseen circumstances or weather and will be communicated by text/email.

Other equipment such as stability balls, exercise steps, kettlebells, pilates bars, resistance bands, etc may be used from time to time and limited quantities will be available for classes on a first-come-first-serve basis. For more information contact Michelle Harris at:

(815) 994-2003
58michelleharris@gmail.com

Class Instructor: Michelle Harris

Core Foundations 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