

Get Fit

Be Fit

Stay Fit

# Sweat Shop Fitness

A co-ed fitness program with personalized floor classes containing aerobics, pilates, and yoga in one hour of enjoyable musical exercise.

**Discounts on monthly and ticket basis.**



40 years of fitness instruction at Carson City Recreation.



## Sweat Shop Schedule

851 E. Williams St. Comstock room—East side

MON	TUE	WED	THUR	FRI	SAT
9:00 am	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am
12:10 pm	12:00 pm*	12:10 pm	12:10 pm		
5:30 pm		5:30 pm			*Soft Stretch

Drop in \$2.00 -- 7 classes \$10.00 – 20 Classes \$25.00

40 Classes \$45.00 – One month pass \$18.00

## Senior and Better Breathers

Senior Center

901 Beverly Drive

MON	TUE	WED	THUR
10:00 am	10:00 am		10:00 am
<b>Senior</b>			
<b>Better Breathers</b>	1:15 pm	1:15 pm	

## Sierra Assisted Living

1111 W. College Parkway

MON	TUE	WED	THUR
	2:30 pm		2:30 pm

## Plaza Retirement

2120 E. Long

MON	TUE	WED	THUR
		10:00 am	

## No Contracts

**Jerry Vance** – Originator, A.C.E. Certified, Health and Fitness Columnist and Personal Trainer.

**Certified Instructors:** Jerry Vance, Adele Malone, Robert Goldsworthy, Marta Garcia and Karen Crandall.

For more information call **Jerry Vance at 841-7312**

1-08-14