



Get fit for life! We have several popular fitness classes available for adults and seniors. Find one that fits your lifestyle and your fitness goals.

Pilates Fitness Class

Pilates helps to build flexibility, strength, endurance, coordination and increases circulation. People who do Pilates say they have better posture, are less prone to injury and experience better overall health! All classes are a 6 week session.

Days: Thursday mornings

Time: 830 – 930am

Location: Battle Ground Community Center

Registration Fee: \$40 for 8 week session

How To Register: Registrations accepted through the BG School District Community Ed Program at (360) 885-6584 or www.battlegroundps.org

Yoga Class

Yoga has proven to have profound healing benefits such increased flexibility, stamina, strength, muscle tone and range of motion and an overall well being and ease in daily life.

Days: Thursday mornings

Time: 10 – 11am

Location: Battle Ground Community Center

Registration Fee: \$59

How To Register: Registrations accepted through the BG School District Community Ed Program at (360) 885-6584 or www.battlegroundps.org

Vinyasa Yoga

The word Vinyasa means "breath-synchronized movement. Breathing technique is very important in the Vinyasa style of yoga. You move from one pose to the next on an inhale or an exhale. This course helps you to gain balance and flexibility and you will also notice an increase of stamina and endurance after performing Vinyasa yoga.

Days: Monday evenings

Time: 630 – 730pm

Location: Battle Ground Community Center

Registration Fee: \$59

How To Register: Registrations accepted through the BG School District Community Ed Program at (360) 885-6584 or www.battlegroundps.org

SENIOR ENHANCED FITNESS PROGRAM

This course is a group exercise program for people 60+ years of age. The program helps to improve your balance, flexibility, bone density, endurance, coordination and mental sharpness and decreases your risk of falling.

Days: Tuesday, Wednesday and Friday

Times: 8:30 – 9:30 am or 9:45 – 10:45 am

Location: Battle Ground Community Center

Fee: \$1 per person, per day

