



FITNESS & WELLNESS

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.

Day & Time: Tuesday Mornings, 830am – 930am
Thursday Mornings, 830am – 930am

Location: Battle Ground Community Center

Registration Fee: \$40 for 6 week session
\$45 for 7 week session
\$50 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 as increased flexibility, stamina, strength, muscle tone and range of motion and an overall well being and ease in daily life.

Day & Time: Monday Mornings, 9am – 10am
Monday Evenings, 6 – 7pm
Thursday Mornings, 10 – 11am

Location: Battle Ground Community Center

Registration Fee: \$25 per 4 week session

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

