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For immediate release

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Work Out This Fall at Terra Community College

The Kern Center of Community and Industrial Development at Terra Community College offers a variety of non-credit classes and seminars for individuals and businesses.

The following is a list of fitness classes this fall:

- **Body Works-Resistance/Weight Training** – Tone, strengthen and add flexibility to your muscles with resistance-type exercises. Instructor: Debbie Gallagher. Noon to 12:30 p.m. OR 4:45 to 5:15 p.m. Mondays and Wednesdays for 26 sessions beginning Sept. 21. Cost: \$55.
- **Circuit Challenge** – A creative blend of aerobics and strength training for a total body workout. All fitness levels welcome. Instructor: Angie Schroeder. 5 to 6 p.m. Tuesday and Thursdays for 26 sessions beginning Sept. 22. Cost: \$65.
- **Hatha Yoga** – This is the physical aspect of yoga. Participants will learn how to reduce stress through proper breathing, stretching and relaxation. Cost: \$70.
Instructor: Linda Green. 11:30 a.m. to 12:30 p.m. Tuesdays for eight sessions beginning Oct. 6.
Instructor: Donna Lueke. 5:30 to 6:30 p.m. Thursdays for eight sessions beginning Oct. 8.
- **Pilates** – This is the ultimate workout for long, lean muscles and strong abs. Instructor: Angie Schroeder. 6:15 to 6:45 p.m. Tuesdays for 13 sessions beginning Sept. 29. Cost: \$50.

To register or for more information, call Marsha at 419-559-2255.