

# February 2017

## EXERCISE TO YOUR HEART'S CONTENT

# Fitness & Health

more on our website: [www.chandleraz.gov/fitness](http://www.chandleraz.gov/fitness)



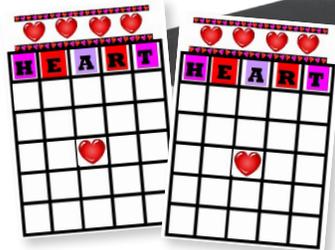
In honor of National Heart Month, the TRC is helping you find what you *love* and encouraging you to move to the beat of your heart!



**SATURDAY, FEB. 11**  
11 a.m. in the GYMNASIUM



WEAR RED to be entered in a drawing for ZUMBA prizes!



### ZUMBA® HEART AWARENESS EVENT

We're all about wearing our hearts on our sleeves! Put on your favorite red workout gear and join us **February 11** at 11 a.m. for the Zumba® Heart Awareness Event. Get ready to energize your body and improve your flexibility as you shake, lunge and dance your heart out for a good cause - Go Red For Women!

TRC daily rates apply. Included in TRC passes.

### HEART HEALTHY HABITS BINGO

On Friday, **February 17** have a heart-to-heart with our Registered Dietitian. Join Nutritionist, Jessica Freeman and the TRC Community in Classroom C, from 10:30-11:30 a.m. to learn heart healthy nutrition habits over a friendly game of BINGO.



### A MONTH TO CHANGE YOUR HEART

As Valentine's Day approaches, things of the heart, including heart health, are likely to come to mind. If you're not already taking exercise to heart, then February - *National Heart Awareness Month* - is a perfect time to begin! According to the National Heart, Lung, and Blood Institute to maintain good health we should aim for 30 minutes of moderate activity at least five days a week or 150 minutes a week. One of the easiest ways to reduce your risk of heart disease and build cardiovascular fitness is to participate in regular aerobic exercise. This month, exercise to your heart's content with one of these heart pumping and energizing classes.

### BOX AND BURN

Get an electrifying work out in 60-minutes! Combining boxing drills, cardio and weight training, Box and Burn, helps sculpt strong, lean and agile bodies in a short amount of time.

**Resident fee: \$48 Non-resident fee: \$65**  
2TW913 M/F 2/6-3/3 9-10 a.m. 18 yrs+

### CYCLE "TRACK YOUR RIDE"

Power up; push your limits and those pedals for a cardio workout that reaches your optimum fat burning zone. Get off the asphalt and into the TRC cycle studio to journey through hills, flats and mountains to heart pumping music.

**Daily Drop-In Rates Apply. Included in TRC Membership.**

Drop-In	M/W	9-10 a.m.	13 yrs+
Drop-In	M/Tu/Th	6-7 p.m.	13 yrs+
Drop-In	Sa	8:15-9:15 a.m.	13 yrs+

### HEALTHWAYS SILVER SNEAKERS® - CIRCUIT

Mixing choreography with strength training, Silver Sneakers® - Circuit offers a suitable workout for nearly every fitness level. The standing, low-impact routine focuses on strengthening upper-body with hand-held weights, elastic tubing with handles and a Silver Sneakers® ball.

**Daily Drop-In Rates Apply. Included in TRC Membership.**

Drop-In	Tu	10-10:45 a.m.	55 yrs+
Drop-In	M/W	8-8:45 a.m.	55 yrs+