

KOG Wellness Program Session I 2018

We continue to offer the following incentive programs:

For users who are signing up for more than one class: Sign up for any additional class and get it 25% off.

If you bring a new participant to the program:

- Bring a friend and if they sign up, get your class 25% off.
- Bring two and get 50%, etc.
- Bring four and get your class free.

The following classes are offered:

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| Yoga | Monday night | 6:30 – 7:40 pm | Jan 8 – Mar 26 |
| Cardio Dance | Thursday | 3:30 – 4:30 pm | Jan 11 – Mar 22 |
| Pilates/Sculpt | Tuesday night | 5:30 – 6:30 pm | Jan 9 – Mar 27 |
| Pilates/Sculpt | Thursday night | 5:30 – 6:30 pm | Jan 11 – Mar 22 |

Our instructors: Yoga: **Jenifer Heidorn**
Cardio Dance: **Brenda Paultre**
Pilates: **Karen Pappas-Brodfehrer**

Make sure to wear loose and comfortable clothes. For Yoga, plan to kick off your shoes and socks and have a relaxing and energizing time. The pilates/sculpt classes use weights, so shoes are advised. Mats and equipment are provided but feel free to bring your own exercise mat. **Classes meet in the Fellowship Hall** at King of Glory, Lutheran Church, 2201 East 106th Street in Carmel. The cost for the classes: Yoga - \$96 (12 wks). Cardio Dance- Thursday \$88 (11 wks). Tuesday Pilates/Sculpt - \$120 (12 wks) and Thursday Pilates/Sculpt - \$110(11 wks). To register, please fill out a registration form or send me an email. You can pay cash or check. Please, make your check payable to King of Glory. Classes will be filled on a first-to-register basis.

Questions? Contact Annette Delaney, 581-9066 or adelaney200@gmail.com