

# KOG Wellness Program Session I 2019

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:

<b>Yoga</b>	Monday night	6:30 – 7:40 pm	Jan 7 – Mar 25
<b>Cardio Dance</b>	<b>Friday</b>	1:00 – 2:00 pm	Jan 11 – Mar 29 *no class 2/8
<b>Pilates/Sculpt</b>	Tuesday night	5:30 – 6:30 pm	Jan 8 – Mar 26
<b>Pilates/Sculpt</b>	Thursday night	5:30 – 6:30 pm	Jan 10 – Mar 21

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

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 106<sup>th</sup> Street in Carmel. The cost for the classes: Yoga - \$96 (12 wks). Cardio Dance-Friday \$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