

Encore Fitness

September 2019 Workouts

Exercise classes at the Concrete Theatre, 45920 Main Street, Concrete WA. Unless otherwise indicated, all classes are \$5, pay-as-you-go. First class is free. Valerie Stafford, M.S., Fitness Instructor & Wellness Coach. (360) 466-8754 For more info, please email: Valerie@EncoreFitnessCoaching.com

MOVE IT MONDAY!

Mondays at 5:30 p.m. • Cross Training

Get your week going with a mash-up of weight-training, dancing, kickboxing, core work and more. Each class is slightly different, but includes cardio, strengthening and stretching. Cross-training is great for your mind and muscles! 60 minutes. For all fitness levels.

Tighten & Tone
Tuesday

Tuesdays at 7:00 a.m. • Pump Plus

Weight-training *plus* one or more cardio bursts. This workout will rev up your metabolism, helping you burn more calories all day. *Plus*, you'll feel good!! 50 minutes. Intermediate to advanced. (See me for details)

Tuesdays at 5:30 p.m. • PiYo with Melissa

A fun combination of Pilates for strengthening, and yoga for flexibility and balance, this class tones and strengthens your entire body. Bring a yoga mat. 60 minutes. For all fitness levels, just go at your own pace.

Wednesdays at 11:00 a.m. • A Walk in the Park

Meet at Rasar State Park. Walk and talk! Free.

Wednesdays at 4:30 p.m. • Zumba Gold (FREE)

Learn Zumba basics in a friendly, informal setting. Whether you're a longtime exerciser or just getting started, this class will improve your endurance, balance and coordination. 45 minutes. For EVERY body.

Wednesdays at 5:30 p.m. • Val's InterVals

Fast-paced cardio with intervals of strengthening. Choose your impact and intensity, just keep moving for best results. You'll feel stronger and more powerful after this class. 60 minutes. For all fitness levels.

WILD WEDNESDAY



Valerie



I've been a fitness instructor and wellness coach for 30 years. I'm licensed to teach Zumba Fitness, and am a certified Tabata Bootcamp and PiYo Live instructor. I'm also a Team Beachbody Coach - I can help you find the best solution for your home workout.

