

FREE SAMPLE FITNESS

Have fitness goals for the new year, but not sure what you're interested in? Come to the library and try out some fitness classes being offered by local businesses! Class sizes are limited, and will be on a first come first serve basis, no registration required. Read on back for more class details.

- Zumba: Monday, January 6th from 6:00-7:00 p.m. All ages welcome.

Presented by:

Downtown Health & Fitness

- Self-Defense: Saturday, January 11th from 3:00-5:00 p.m. Ages 8+

Presented by:

Northwest Martial Arts

- Yoga: Monday, January 13th from 6:00- 7:00 pm: Bring your own mat, ages 12+

Presented by:

Mossy Lotus

- PiYo: Monday, January 27th from 6:00-7:00 p.m : All ages welcome.

Presented by:

Downtown Health & Fitness



COOS BAY
PUBLIC LIBRARY

525 Anderson Avenue,
Coos Bay Oregon

Phone: 541-269-1101

Coosbaylibrary.org

Zumba: This combination of Latin rhythms, aerobic dance, and easy-to-follow moves creates a fitness class that will blow you away.

Self-Defense: This class focuses on self-defense and Jiu Jitsu techniques that can be done by any person at any level of fitness. Because this class will address explicit violence, children 14 and under must have a guardian present. Teens who are 15-17 will need a parent signature on the class waiver form if they wish to attend without a guardian.

Yoga: (Please bring your own mat) In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

PiYo: Inspired by Pilates and Yoga cranks up the pace, and the fun, for a pulse-pounding, calorie burning workout that defines and strengthens every inch of your body. Low impact but high intensity. No weights, usually done barefoot. Hardcore results.

**Downtown Health &
Fitness**

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