



A New Year, A New YOU!

Seymour Community Wellness

Winter Session
January 8-March 29

Registration Dates
January 2-7

*Please register at the
Seymour Community
Aquatic Center.
cash or check*

*A minimum of 4 participants
needed to run the class.*

Check out our
Fitness Center &
Aquatic Center
Open hours

Seymour Community Aquatic Center
10 Circle Dr.
Seymour WI, 54165
920-833-9704
<http://www.seymour.k12.wi.us>

Boot Camp

Enjoy great energy and great results... while you train, shape and strengthen your body in this cutting-edge, high level strength class. This total body workout will keep you coming back for more!

High School Field House, Fitness Center Area
M/W 4:45-5:45 pm
Fee: \$70

Yoga

Based on the ancient fitness science of Hatha yoga, it blends balance, strength, flexibility in a fitness format.

Black Creek Elementary/Middle School
T/TH 4:30-5:30 pm
Fee: \$70

Please bring your own yoga mat

All classes held at the Seymour Community Aquatic Center

Aqua Aerobics

A low impact class set to music where you can choose your intensity while increasing your cardiovascular fitness and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles and resistance dumbbells.

T 6:00-7:00 am

Fee: \$35

W 5:30-6:30 pm

Starts January 24th, due to swim lessons

Fee: \$28

Senior Fit Club

A low impact class where you can choose your intensity while increasing your cardiovascular fitness and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles, bands and resistance dumbbells.

M/W 10:30-11:30 am

T/TH 4:00-5:00 pm

Starts January 23rd, due to swim lessons

Fee: FREE with membership