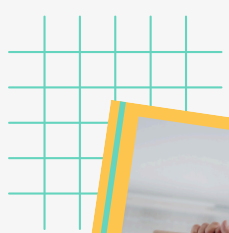




# PRIME FITNESS

## January/February 2025



### Happy New Year!

With the new year comes a great opportunity to start some new healthy habits. We all know about New Year's Resolutions, but how can we make sure to actually stick to our goals this year?



### S.M.A.R.T. GOALS

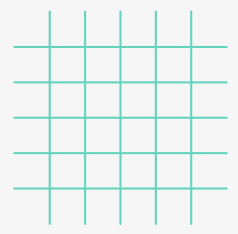
**Specific:** Clearly state what you want to accomplish.

**Measurable:** Include how you will measure progress.

**Achievable:** Make sure your goal is realistic.

**Relevant:** Ensure your goal aligns with your objectives.

**Time-Bound:** Set a deadline for completion.



## Prime Fitness Classes

Prime Fitness offers a variety of group fitness classes that cater to a wide range of abilities and interests. From Water Aerobics to Fit Circuit, you're sure to find something fun to add to your fitness routine!



## Featured Classes

- **Prime Fit:** Designed to increase balance, coordination, muscular strength, and cardiovascular endurance. Class is spent standing and moving around while performing exercises with body weight, balls, and dumbbells.
- **Fit Circuit:** A great way to get in a quick, high-intensity workout. Transitioning from station to station, you will attain a 30 minute workout focused on balance, cardio, and strength.
- **Functional Fitness:** A light aerobics class that is designed to increase flexibility, strength, and endurance. The exercises are done seated with the use of a ball and dumbbells.

**Contact Wellness Coordinators Antonina and Emilie for more information about classes or personal training at (503) 375-5905.**