

# Destress *your* Summer



HOSTED BY

**Rogers**

ArkansasBlue  
Welcome Center  
4602 W Walnut St

## Free & Fun *Community Fitness Classes*

All Classes 9:00 - 9:45 am

July 9 - HIIT Training

July 16 - Pilates

July 23 - Barre

July 30 - Body Sculpting

August 6 - HIIT Training

August 13 - Couples Dancing

August 20 - Pilates

August 27 - Barre

# Workout with local, skilled instructors from:



CLUB PILATES<sup>®</sup>  
ROGERS

Club Pilates offers low-impact, full-body workouts with a variety of classes that challenge your mind as well as your body. They pride themselves on helping individuals customize their routines to best fit their needs and lifestyle. Ages 14 and up are welcome. Participants will be entered into a drawing, with two chances to win free classes at the Club Pilates Rogers studio!

[clubpilates.com/location/rogers](http://clubpilates.com/location/rogers)



Break a sweat without even knowing it! Arthur Murray Dance Center of Rogers welcomes singles and couples to learn a variety of dance styles. Classes are not only fun, but can help combat arthritis and ease muscle pain. No experience is necessary. Participants will be entered to win one free dance lesson.

[arthurmurray.com/locations/rogers-studio](http://arthurmurray.com/locations/rogers-studio)

# barre 3

Barre3 is a full-body balanced workout combining strength conditioning, cardio, and mindfulness that will leave you feeling balanced in body and empowered from within. Destress your Summer participants can register to win a free week of classes.

[barre3.com/studio-locations/fayetteville](http://barre3.com/studio-locations/fayetteville)



Werk Fitness offers a variety of fitness classes, including high intensity interval training and body sculpting. You can attend in-person or workout virtually to more than 300 prerecorded workouts. One-on-one personal training is also available. Each participant will receive one week of free classes for attending.

[werkfit.co/](http://werkfit.co/)