

Movin' Shoes invites you to participate in the new Winter Fitness Challenge!

A 4-week circuit training style fitness program designed and led by certified personal trainer Kristin Haanstad. Use a variety of equipment including resistance bands, physio-balls, medicine balls, and your own body to improve full body strength, endurance, agility, and flexibility. Modifications and progressions will be shown to challenge each individual's needs and goals, making this course the perfect challenge for all fitness levels! And... it will be fun too!

Instructor Kristin Haanstad has a degree from UW-Madison in Exercise Science and is an ACE Certified Personal Trainer. She has been in the fitness industry since 2001, designing and teaching fitness programs for individual clients, partner training, as well as full class settings. She has worked with a large clientele from a wide variety of backgrounds and fitness levels.

Classes will be held Wednesdays 12-12:30 pm, meeting in the Movin' Shoes loft (528 S. Park St.). The first 4-week series will run from January 6th thru January 27th. Participants can register at Movin' Shoes. Registration deadline is Thursday, December 31st. Cost for the 4-week series is \$30/person due at registration (sorry no refunds). Classes will be held to a maximum of 6 participants. If demand requires, a second class time will be offered from 12:30-1 pm. Class participants will receive a 12 % discount at Movin' Shoes.

Please feel free to contact Shalon at 251-0125 or shalon@movinshoesmadison.com with any questions.