



Adult Functional Fitness



CLASS INFORMATION:

Functional Fitness is an 8-week, mind/body program that uses techniques taken from Kung Fu, Karate, and Therapeutic Qi Gong. The benefits are an increase in coordination, flexibility, strength and better concentration/focus. Overall, this is a well-rounded health program! Functional Fitness starts off with a basic program using foundational training for a period of time. After one completes the basic level there will be an increase in advancement before going onto the next level. There are three levels in this course: Beginner, Intermediate and Advanced. Each course lasts 8 weeks. All ages are welcome. Wear comfortable clothing and bring a water bottle.

INSTRUCTOR:

Sifu Michael has over 43 years of experience in training martial arts and 24 years of teaching.

REGISTRATION:

Pre-registration is required (space is Limited). Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (5) Minimum, (15) maximum.

LOCATION:

Classes will be held in the large upstairs room at 32 Court street.

Dates: April 3 – May 22, 2023 (8 weeks)		
Days	Time	Fee
Mondays	11:00am-12:00pm	\$80/person

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: (603) 773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday-Friday, 8:15am-4:15pm