



Mary Jenson has been teaching fun and high energy barre, dance and cardio kickboxing classes to adults interested in improving their fitness levels for over a decade. "My focus is always on cultivating a path for success for each individual participant, as well as a sense of team and community for the group!" Bringing fifty years of experience in ballet, tap, jazz, modern dance, martial arts, aerobics training and barre to the program, Mary is a certified Balletone instructor. Mary holds a Group Fitness Instructor Certification from the American Council on Exercise (ACE). She also holds an ACE Fitness Nutrition Specialist Certification, a Senior

Fitness Specialist Certification, and an Ethics Course Fitness Business Management Certification.

Class Offerings

Barre Workout: Class led by Mary, Tuesdays at 5:30 pm. Classic Barre is a dance-based fitness class designed to sculpt, stretch, and strengthen. Set to upbeat music, each class is focused on core engagement, muscular endurance, cardiovascular conditioning, flexibility, and balance. Using small pulses to challenge various muscle groups, expect to "feel the burn" every time. Participants enjoy a fun and noncompetitive environment. Please wear sneakers or supportive fitness shoes and bring a yoga mat and water. 10 class pass (no expiration) for \$50 or Drop-In for \$8.

Dance Synergy: Class led by Mary, Thursdays at 10:30am. Love music? Love to dance? Learn the fundamentals of dance while strengthening your core and improving your overall fitness level. Synergy will explore various styles of dance to include ballet, jazz, aerobic dance and more. Each class will include 20 minutes of Barre, 20 minutes of dance skills and 20 minutes of fun choreography. No previous dance experience required. Ballet slippers, jazz shoes or tap shoes (if we are currently doing tap) are highly recommended. 10 class pass (no expiration) for \$50 or Drop-In for \$8.

Contact Mary at maryjenson1@icloud.com