

PROGRAM JUSTIFICATION LIST

<b>Program Supervisor:</b>	<b>Deborah Geghen</b>	<b>Season: Fall 2024</b>	
<b>Program Name:</b>	<b>Number of Seasons Offered</b>	<b>Number Enrolled</b>	<b>Justification to Continue Offering with Low Enrollment</b>
Joe's Gym	1	2	Program is reaching out and word is spreading for this class.
Girls Night Out	4	4	Hiring a new instructor and trying to market more.
Cardio and Core	3	2	This class is building and we will market and reach out to new members to sign up.
<b>Program Name:</b>	<b>Number of Seasons Offered</b>	<b>Number Enrolled</b>	<b>Brief Explanation for Discontinuing Program</b>
Tread to Shed	3	0	This program hasn't taken off so have decided to cancel.
<b>Program Name:</b>	<b>Number of Seasons Offered</b>	<b>Number Enrolled</b>	<b>Brief Description of New Program</b>
Yoga For Beginners	n/a	n/a	Introduction to the practice of yoga. Class is slower paced than an all level class. Focused on developing clear and safe alignment.
Pump	n/a	n/a	Challenge yourself with different exercises or heavier weights. Get strong and in shape at any age lifting weights.
Foam Roller and Trigger Release	n/a	n/a	Working with an instructor and foam roller to target sore muscles and release the stiffness.
Senior Stretch	n/a	n/a	Members will go through a series of stretches which is important to helping with their range of motion.
SeniorTri - Bike, Run and Row	n/a	n/a	Bike, Walk/ Jog, Row. Work on balance and cardio while completing your own triathalon.
Full Body Core	n/a	n/a	Work the muscles and learn how to use weights for a full body workout.
Baseball Rotational Power	n/a	n/a	Strength and power comes from the core. Drills will be incorporated to get a stronger swing at the bat and throwing further as well.
Total Body Workout	n/a	n/a	Adults will be put through a series of excericses to learn form and more. Dumbells and machines will be used.
Kids Circuit	n/a	n/a	Children will learn how to properly use the weight machines and put through a series of circuits.
Muscle and Tone Express	n/a	n/a	Get your muscles in great shape while working with a trainer for 30 minutes of an express class.