



Physical fitness

ADULT MEN'S/ WOMEN'S ADVANCED BEGINNER TENNIS CLINIC

11 a.m. - 12:30 p.m.
Saturdays: Various tennis dates available.

This clinic is designed for the tennis player that have tennis playing experience and is looking for competitive singles and doubles play. NTRP rating 2.5-3.5. Rackets and tennis balls will be provided. Clinics will be held in Alumni Hall on the Toledo-area Campus in Perrysburg Township.
Cost: \$25.00 per person per session.

Owens Community College also offers group/private tennis lessons and court rental. Contact Kevin Williamson, USPTA, Elite Professional, kevin_williamson@owens.edu, (419) 410-9495.

FITNESS ASSESSMENTS

We utilize the Polar TriFit Biometric Assessment to assess Cardiovascular Endurance by ownindex (which uses resting heart rate, activity level and heart rate fluctuations measured over 3-6 minutes); muscular strength; muscular power; muscular endurance; body composition; flexibility and a health risk awareness questionnaire. You will receive a complete printed report on each assessment and your body age vs. chronological age. Each assessment is \$60 and by appointment only. Please call (567) 661-7357.

TRX

This class uses suspension training to build muscular endurance, muscle definition, core strength and increase range of motion. This type of training can be effective for new and advanced exercisers. It is fun and challenging!

This fitness class is held in Alumni Hall. Because this facility is for instructional purposes only, classes are private. Locker rooms and showers are also available to all class participants.

51009	Tue/Thu	1/29 - 3/7	5:30 - 6:15 p.m.	Perrysburg	\$60
51010	Tue/Thu	3/12 - 4/18	5:30 - 6:15 p.m.	Perrysburg	\$60

FOCUS ON BECOMING A HEALTHIER YOU.

Focus on becoming a healthier you. Contact Matt Elvey, NSCA-CPT, matt_elvey@owens.edu, (419) 304-3913, to schedule private, semi-private and group personal training sessions on the Toledo-area Campus.

PILATES

Want to unwind after a long day at work? Join us for Pilates, where you will get a great workout through your core, benefit from overall toning and increase your flexibility through stretching. You will leave this class feeling refreshed and relaxed. This class is for beginners, as well as the experienced Pilates person. This fitness class is held in Alumni Hall. Because this facility is for instructional purposes only, classes are private. Locker rooms and showers are also available to all class participants.

51007	Mon/Wed	1/28 - 3/6	6:15 - 7:30 p.m.	Perrysburg	\$60
51008	Mon/Wed	3/11 - 4/17	6:15 - 7:30 p.m.	Perrysburg	\$60

BOOT CAMP

If you need a challenge and want to push your body to the next level, give our boot camp a try. We use a variety of equipment, along with body weight activities, in a competitive setting to motivate you to be your best yet! This fitness class is held in Alumni Hall. Because this facility is for instructional purposes only, classes are private. Locker rooms and showers are also available to all class participants.

51005	Mon/Wed	1/28 - 3/6	5:30 - 6:15 p.m.	Perrysburg	\$60
51006	Mon/Wed	3/11 - 4/17	5:30 - 6:15 p.m.	Perrysburg	\$60



OWENS
COMMUNITY COLLEGE

REGISTER TODAY! • www.owensworks.com • (567) 661-7357