

Fitness Classes at the Suches Community Center

Beginning November 12th!

What is Functional Fitness?

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. Functional exercise movements reflect the best aspects of gymnastics, weightlifting, running, jumping, and more. These are the core movements of life. For the most part no two workouts are the same, so students never get bored and the novelty of each workout keeps them excited about participating.

What are the benefits of functional fitness training?

Functional exercises tend to use multiple joints and numerous muscles. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, spine, hips, knees and ankles. This type of training, properly applied, can make everyday activities easier, reduce your risk of injury and improve your quality of life.

Functional exercise training may be especially beneficial as part of a comprehensive program for older adults to improve balance, agility and muscle strength, and reduce the risk of falls.

When?

Mondays, Wednesdays, and Fridays 10am—11am.

Tuesday/ Thursday—TBD (afternoon? Evening?)

Who may participate in the classes?

Any member of the community age 13 and over or accompanied by an adult. If you haven't exercised for some time or have health problems, it's a good idea to check with your doctor before starting any new exercise program.

Cost?

Give what you can afford, or what is in your heart.

My mission is to make fitness accessible and affordable to our community.

Who will be coaching this program?

Chris Disser. Her background and training includes, teaching group fitness classes at the Metro Atlanta YMCAs for 10 years (classes included strength training, Urban Groove, and TRX) and for the last 5 years has worked at CrossFit East Cobb as a CF Level 1 instructor. She is also the community cross country coach for Woody Gap.

If you have any questions please feel free to contact her.

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