

January 6th, 2015

West Branch City Office
319.643.5888

Park and Rec. Office
319.930.0393

Public Library
319.643-2633

West Branch Parks and Recreation

TOUGH MOTHER FITNESS STARTS JANUARY 12TH!

Trainers Shawn Pierce, Jodi Yeggy, and Deb Fiderlein will focus is on muscular strength and endurance with some high intensity interval training. This is a boot camp style class.

Mondays and Thursdays

5:30pm-6:00pm(Intermediate Class)

6:00pm-6:15pm(Abs workout)

6:15pm-7:00pm(Advanced Class)

Wednesdays

7:00pm-7:45pm (HITT)

Dates: January 12th-February 19th

Location: West Branch Town Hall

Register online at

[http://www.westbranchiowa.org/
departments/programs](http://www.westbranchiowa.org/departments/programs)

GET MOVING!

Avoid the snow and ice and take your outdoor workout indoors this winter. All ages of walkers and runners welcome. Please bring clean shoes to wear in the gym.

Time: 6:00pm-7:00 pm

Location: Hoover Gym

Dates: Wednesdays January 7th-March 11th.

This is a drop in activity.



In the event, West Branch Schools cancel or release school early then evening walking is cancelled.



Nothing kills a program faster than last minute registrations.

All West Branch City Offices are closed on Monday January 19th, 2015 for Martin Luther King Jr. Day.

Iowa Gymnast Mobile Tumbling Program

January 29th-April 16th

Where: Town Hall

When: 3:00m-3:30pm Preschool(2years and older) 3:30pm-4:00pm K-5th grade

Cost: \$85 payable to Iowa Gymnast the first day of class

Registration deadline: January 22nd, 2015

Register online at:

[http://www.westbranchiowa.org/
departments/programs](http://www.westbranchiowa.org/departments/programs)

YOGA

Yoga can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reason for practicing, or your level of experience – we welcome you!

Yoga: Tuesdays 6:00pm-7:00pm

Location: West Branch Town Hall

Payment: Drop in fee \$7.00 a class

There must be at least 5 people registered for the class to occur.

Register online at :

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departments/programs](http://www.westbranchiowa.org/departments/programs)

Don't forget to join West Branch Parks and Recreation and the West Branch Public Library for Wednesday Early Out Activities at the West Branch Public Library from 2:00pm-3:00pm every

Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life. Author Unknown