



# Fit Fusion

Come and join us in a supportive atmosphere as we work out and get in shape!

- ▣ Stretching
- ▣ Yoga
- ▣ Light Cardio
- ▣ Water walking, stretching and swimming in a warm pool
- ▣ End with a soak in the hot tub or a steam in the sauna!

**Lead Instructor: Tracy Jones**

**2nd Instructor: Mia**

**Cost: \$4 to \$5 facility fee**

**Where:**

**Emerald Rec Center**

**1400 Lake drive in Eugene**

**When:**

**11:00am to 1:00pm**

Join us and come get  
healthy and fit!