

Fall 2026 Cable Area Fitness Opportunities (updated 8-10-2026)

Power Pump

This dumbbell class is designed for all fitness levels. Targets all major muscle groups by using exercise such as squats, presses, lifts and curls. Emphasized low weight loads and high repetitions, motivational music.	• Wednesdays from 4-5pm • Year around • Cable Community Center • No charge/ drop-ins welcome • Bring a yoga mat and dumbbells (if you have)	Amy Huang cablewifitness@gmail.com
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Essentrics

Essentrics is a full-body dynamic stretch and strength workout that is safe for people of all ages, genders and fitness levels. The primary objective is to rebalance all muscles, fascia and connective tissues. Workout is primarily standing with some mat work to music. Imagery guides the workout movements. Bring your own mat and props.	• Most Tuesdays and Thursdays at 8:30am year round • In Cable: CNHM Wake Robin Pavilion in Sept. and at Community Center Oct - Dec. (Tu) and in Seeley at Johnson Trail Center (Th) • Classes offered Zoom and in-person • No charge/ donation to charity • Contact instructor to be on email list	Mary Jean Fenske maryjeanessentrics@gmail.com 651-274-9723
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Yoga

Hatha Yoga - focuses on developing balance, flexibility, and strength for body, mind, and spirit through mindful movement, breathing, and meditation. My intention is to make the practice accessible to all bodies.	• Tuesdays from 9-10:30 am • Fall session: September 15 to December 8 • Drummond Civic Center • \$10 charge/ drop-ins welcome • Contact instructor to be on email list	Joan Shumway joanshumway60@gmail.com 715-413-1841
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Tai Chi/ Qi Gong

Tai Chi: The ultimate in moving balance meditation for increased balance and fall prevention. QiGong: Ancient Chinese mind-body exercise using breath, meditation, and movement to improve health.	• Cable Community Center classes Wednesday and Friday 9:00-10:00 Sept. 9 - Nov. 25 • Drummond Town Hall classes Wednesday and Friday 10:30-11:30 Sept. 9 - Nov. 25 • Year round in 12 week sessions. • Contact instructor to be on email list	Suzanne Rooney letzmotorsuzieq@hotmail.com 715-798-3344 Sign up first day of class or call Madi at 715-373-3359 (Bayfield County ADRC).
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Dance

Rhythmic Moves - Explore Brain-Compatible dance. Movement exercises include floor work for balance, combination steps based on ballet, jazz, tap, improvisation and choreography. SMART Moves - For people with mobility challenges. Music inspired movements that help with reflexes, balance and memory. Seated and standing.	• Classes held at the Cable Community Center. Day and time TBD • Contact instructor if interested in either class • No charge	Sarah Boles florabee@hotmail.com
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