

# 2020 October Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15 a.m. <b>Step &amp; Tone</b> Nicole		5:30-6:15 a.m. <b>Step &amp; Tone</b> Nicole		5:30-6:15 a.m. <b>Step &amp; Tone</b> Nicole	
	10:45-11:30 a.m. <b>Hi Energy Workout</b> Barbara		10:45-11:30 a.m. <b>Hi Energy Workout</b> Barbara		10:45-11:30 a.m. <b>Hi Energy Workout</b> Barbara	
	11:45-12:30 p.m. <b>Silver Sneakers</b> Barbara		11:45-12:30 p.m. <b>Silver Sneakers</b> Barbara		11:45-12:30 p.m. <b>Silver Sneakers</b> Barbara	
	12:30-1:00 p.m. <b>Adaptive Yoga</b> Barbara		12:30-1:00 p.m. <b>Adaptive Yoga</b> Barbara			
	6:00-6:45 p.m. <b>Pound Fitness</b> Rebecca	6:30-7:15 p.m. <b>Body Boost</b> Barbara	6:00-6:45 p.m. <b>Pound Fitness</b> Rebecca	6:30-7:15p.m. <b>Body Boost</b> Barbara		
	7:00-8:00 p.m. <b>Evening Zumba</b> Sharon	7:25-8:25 p.m. <b>Evening Zumba</b> Sharon		7:25-8:25 p.m. <b>Evening Zumba</b> Sharon		

# Fitness Classes

Fitness Class/fees	Members	Non-Members
Hi Energy Workout	\$15	\$25
Silver Sneakers	\$15	\$25
Body Boost	\$15	\$25
Step & Tone	\$25	\$35
Evening Zumba	\$25	\$35
Pound Fitness	\$15	\$25
Adaptive Yoga	\$10	\$20



## Nicole's Step & Tone



RenewActive™  
by UnitedHealthcare

## Barbara's Hi Energy



Adaptive YOGA

ZUMBA®  
FITNESS



Silver Sneakers®  
by Tivity Health

POUND®  
ROCKOUT. WORKOUT.

**Step & Tone** – High intensity class utilizing both high and low impact moves to get your day started right. **Instructor:** Nicole Watson

**Hi Energy Work-Out** - This class consists of gentle exercises for seniors taught by a certified senior fitness instructor. Senior aerobics includes exercises for flexibility, posture, strength and functional skills of adult daily living. **Instructor:** Barbara Griffith

**Silver Sneakers** – This popular class combines fun and fitness through a variety of exercises. It is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand weights, elastic bands and tubes, balls and chairs are used in the exercise. **Instructor:** Barbara Griffith

**Evening Zumba** - is a combination of Latin and International music that create a dynamic, exciting, fun and easy cardio work-out. The routines feature aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body. **Instructor:** Sharon Woinski

**Body Boost** – This hour long class will focus on strengthening your entire body. This class will start with a short warm up to get your muscles ready to work. The remaining time will be used to tone your bodies using free weights, bars, bands, yoga balls, chords, and medicine card. **Instructor:** Barbara Griffith

**Pound Fitness**—Pound Fitness is designed in three core pillars: Mind, Body and Inner Rock star. These work together to promote a “Happy Healthy Self”. Experience different genres from pop, hip-hop to metal and electro, each track becomes its own emotional and physical journey, moving the attention and focus of each participant so class remains engaging, exciting and challenging. **Instructor:** Rebecca Bishop

**Adaptive Yoga**— Yoga exercise that can be modified to fit your needs. Gentle, relaxing stretches to improve your flexibility while you learn to relax and breath. **Instructor:** Barbara Griffith



“The Mission of the Parks and Recreation Department is to develop healthy, good citizens through constructive leisure activities in an atmosphere that does not discriminate against any individual on the basis of race, color, religion, national origin, sex, pregnancy, child-birth or related medical conditions, age, sexual orientation, gender identity, marital status, disability, or status as a veteran.”