







February Fitness Schedule 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:15 am Step & Tone (Nicole)		5:30-6:15 am Step & Tone (Nicole) 8:30 - 9:20 am SPIN (Camille)		5:30-6:15 am Step & Tone (Nicole) 8:30 - 9:20 am SPIN (Camille) 1st & 3rd Fridays ONLY	
	10:45 - 11:30 am Hi Energy Workout (Barbara)		10:45 - 11:30 am Hi Energy Workout (Barbara)		10:45 - 11:30 am Hi Energy Workout (Barbara)	
	11:45 - 12:15 pm Silver Sneakers (Barbara) 12:30 - 1:00 pm Adaptive Yoga (Barbara)		11:45 - 12:15 pm Silver Sneakers (Barbara) 12:30 - 1:00 pm Adaptive Yoga (Barbara)		11:45 - 12:15 pm Silver Sneakers (Barbara)	
	6:00 - 6:45 pm Pound Fitness (Rebecca) 7:00 - 8:00 pm ZUMBA (Sharon)	6:30 - 7:15 pm Body Boost (Barbara)	6:00 - 6:45 pm Pound Fitness (Rebecca) 7:00 - 8:00 pm ZUMBA (Sharon)	6:30 - 7:15 pm Body Boost (Barbara)		

Fitness Classes

<u>Fitness Class</u>	<u>Member Fee</u>	<u>Non-Member Fee</u>
High Energy Workout	\$15	\$25
Silver Sneakers	\$15	\$25
Body Boost	\$15	\$25
Step & Tone	\$25	\$35
Adaptive Yoga	\$10	\$20
Stability	\$10	\$20
Pound Fitness	\$15	\$25
Spin	\$20	\$30
Zumba	\$25	\$35

Exercise Class Descriptions

- **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
- **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, in which 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 a breath. **Instructor:** Barbara Griffith
- **Stability** - Stability is designed to increase strength and improve balance. Exercises that strengthen the ankle knee and hip joints are presented in a fun and social setting. This class is designed specifically for fall prevention. **Instructor:** Barbara Griffith
- **Spin Class** - Camille Kelly will be leading a Spin Class in the new Spin Room. The class will last about 60 minutes with some floor exercise. The class is limited to seven people. Cost will be \$20 per month. **Instructor:** Camille Kelly
- **ZUMBA** - Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity moves. It burns lots of calories while moving to the rhythm with varied genres of music. There is also a stretch combo cool down at the conclusion of class. The best of it all is that it doesn't even feel like exercise!. **Instructor:** Sharon Woinski



"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, childbirth or related medical conditions, age, sexual orientation, gender identity, marital status, disability, or status as a veteran."