



2011 Spring Fitness Class Schedule

Cardio Blast

5:15am Mon/Wed/Fri

Instructor: Judy

Class uses a variety of aerobic equipment including weights, therabands, theraballs, and jump ropes. The class works on your core and focuses on your abs.



AM Water Aerobics

9:00am Tuesday/Thursday

Instructor: Sue

Class uses water weights and noodles. This low impact workout is good for your joints and overall health.

NEW FORMAT

Circuit Xpress

6:30pm Tuesday

5:15am Thursday

7:30am Saturday

Instructor: Shannon

Classes will resume April 9th. Shannon, a NASM Certified Personal Trainer, will lead classes through challenging, yet fun circuits/stations that will key in on the "problem" areas. Class will be taught so participants can participate at a comfortable pace while those who are able to do more will also have the ability to do so. ****New for the spring season ... on an occasional basis classes will include some weight & cardio room circuits and also outdoor circuits! This will help keep the program fresh with work outs that give your body the variety it needs.**

Aqua Blast

PRE REGISTRATIONS REQUIRED

Instructor: Judy

Please see current Aqua Blast flyer for additional details.



Come join one of our fitness classes and make the commitment to get in shape and feel good about yourself. No class registration necessary. Classes run continuously, so join at any time. Simply purchase a fitness punch card...good for any fitness class the Parks and Recreation Department offers (aerobics & yoga). Each card contains 10 punches with no expiration date...so come as often as you like as your schedule allows. Card price is \$32.50 for Civic Center members and \$47.50 for non-members. You may also pay the single class fee of \$4 for members and \$6 for non-members. Cards may be purchased at the Civic Center front desk. Contact the Civic Center at 443-4174 if you need additional information.