



**PARKS AND RECREATION
FALL 2 2017 SESSION FITNESS SCHEDULE**

October 30-December 22

(No Ballet Barre October 31, No Yoga Nov 22 & No classes November 23-25)

BALLET BARRE

Ballet Barre is designed to effectively strengthen, tone and balance the entire body. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. This low impact class is perfect for anyone!

BOOT CAMP

Achieve your fitness goals with this high-energy, drill-based, interval session! Take charge of your day with this balanced workout combining cardio and strength exercises. We will use functional movements to improve the cardiovascular and muscular systems. Your agility, strength, cardiovascular fitness and core stabilization will be challenged through body-weight and equipment-based drills.

STRENGTH

Through a variety of exercises, this class builds strength in the upper and lower body through the use of handheld weights, stability balls and bands. (All Levels).

YOGA

Our classes are accessible to everyone, beginners and experienced students alike, regardless of your flexibility or level of fitness. Classes are designed to provide you with flexibility, toning and balance. Please bring your own mat(s) and wear comfortable clothing that does not restrict movement.

ZUMBA®

Zumba® classes feature rhythms set to high-energy Latin and international beats. Before you know it, you are getting fit and your energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating. It's a dance-fitness class that feels friendly, and most of all, fun.

LOCATION: City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton, Street.

CLASS	AGE	DAY	TIME	FALL 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Zumba®	14+	M	5:30 – 6:30 p.m.	414410-M3	\$20.00	\$55.00
Strength	14+	M	6:35 – 7:20 p.m.	414414-M3	\$15.50	\$50.50
Ballet Barre	12+	TU	5:10-5:55 p.m.	414106-T2	\$17.50	\$52.50
Boot Camp	14+	W	4:45 – 5:45 p.m.	416415-W2	\$20.00	\$55.00
Ballet Barre	12+	SA	9:15-10:00 a.m.	414106-S1	\$17.50	\$52.50

LOCATION: Scheig Center, 1313 E. Witzke Boulevard.

CLASS	AGE	DAY	TIME	FALL 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Yoga	14+	M	5:30-6:30 p.m.	416403-M3	\$20.00	\$55.00
Yoga	14+	TU	9:00 – 10:00 a.m.	416403-T1	\$20.00	\$55.00
Yoga	14+	W	5:30 – 6:30 p.m.	416403-W3	\$17.50	\$52.50
Yoga	14+	TH	9:00 – 10:00 a.m.	416403-H1	\$17.50	\$52.50

STRETCH AND STRENGTH- Location: Appleton Public Library- Lower Level

Building strong bones is facilitated through building strong muscles. Angie will teach proper weight training and stretching. Men and women of all fitness levels are welcome.

FOREVER FIT-Location: City Center Plaza, 2nd Floor Studios

Workout with Angie and enjoy great music in a positive and encouraging atmosphere. This 60-minute total body workout includes fun cardio moves, weight training and core exercises. All levels welcome.

CLASS	AGE	DAY	TIME	FALL 2 CLASS #	FEE
Stretch & Strength	35+	TU	9:00-10:00 a.m.	414411-T2	\$14
Stretch & Strength	35+	TH	9:00 – 10:00 a.m.	414411-H2	\$12
Forever Fit	35+	W	9:00-10:00 a.m.	414415-W2	\$14
Forever Fit	35+	F	9:00 – 10:00 a.m.	414415-F2	\$12

TO REGISTER: Mail-in registration using a registration form, mail to City of Appleton, Parks & Recreation, PO Box 1976, Appleton, 54912-1976. Register in person at 100 N. Appleton Street, City Hall, 1st Floor Customer Service Center or register online at www.appletonparkandrec.org. **MAKE CHECKS PAYABLE TO - CITY OF APPLETON.** Questions, please call Appleton Parks and Recreation – 832-5905.

UPCOMING SESSION: Winter 2018 – Week of January 8 – week of February 19 (no class February 20)