



PARKS AND RECREATION WINTER SESSION ACTIVE ADULT FITNESS SCHEDULE

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.

SPRING 1 SCHEDULE – February 27- April 21 (No classes March 27-31)

LOCATION: Classes listed below are held in the City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton St.

CLASS	AGE	DAY	TIME	SPRING CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Zumba®	14+	M	5:30 – 6:30 p.m.	114410-M2	\$17.50	\$52.50
Strength	14+	M	6:35 – 7:20 p.m.	114414-M2	\$13.50	\$48.50
Boot Camp	14+	T	4:45 – 5:45 p.m.	116415-T3	\$17.50	\$52.50
Boot Camp	14+	TH	4:45 – 5:45 p.m.	116415-H2	\$17.50	\$52.50

LOCATION: Classes listed below are held at the Scheig Center, 1313 E. Witzke Boulevard.

CLASS	AGE	DAY	TIME	SPRING CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Yoga	14+	T	9:00 – 10:00 a.m.	116403-T2	\$17.50	\$52.50
Yoga	14+	W	5:30 - 6:30 p.m.	116403-W2	\$17.50	\$52.50
Zumba®	14+	W	6:40 – 7:40 p.m.	114410-W2	\$17.50	\$52.50
Yoga	14+	TH	9:00 – 10:00 a.m.	116403-H1	\$17.50	\$52.50

Forever Fit – Workout with Angie and enjoy great music in a positive, encouraging atmosphere. A 60 minute total body workout which will have fun cardio moves, weight training, and core exercises. Men and women of all fitness levels are welcome, equipment is provided.

Stretch & Strength – 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, equipment is provided.

DATES: February 27 – April 21 (No classes March 27-31)

*Forever Fit and Stretch & Strength are Active Older Adult Classes for ages 35+.

CLASS	DAY	TIME	LOCATION	SPRING CLASS #	FEE PER CLASS
Stretch & Strength	TU	9:00-10:00 a.m.	Appleton Public Library – Lower Level	214411-T1	\$12.00/\$47.00
Stretch & Strength	TH	9:00-10:00 a.m.	Appleton Public Library - Lower Level	214411-H1	\$12.00/\$47.00
Forever Fit	W	9:00-10:00 a.m.	City Center Plaza, 2 nd Floor Studios	214415-W1	\$12.00/\$47.00
Forever Fit	F	9:00-10:00 a.m.	City Center Plaza, 2 nd Floor Studios	214415-F1	\$12.00/\$47.00

UPCOMING SESSION: Spring 2 – April 24- June 10 (No classes May 29)

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.