



PARKS AND RECREATION SPRING 2 SESSION 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 2 SCHEDULE – April 24 – June 9 (No class May 29)

LOCATION: Boot Camp will be held at Telulah Park, 1300 E. Newberry Street. Meet at the small park pavilion. Class will run rain or shine.

CLASS	AGE	DAY	TIME	SPRING 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Boot Camp	14+	MW	4:45-5:45 p.m.	216415-M1	\$32.50	\$67.50

LOCATION: Zumba and Strength will be held at Pierce Park, 1035 W. Prospect Ave. Meet at the park pavilion. Class will run rain or shine.

CLASS	AGE	DAY	TIME	SPRING 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Zumba®	14+	M	5:30-6:30 p.m.	214410-M2	\$15.00	\$50
Strength	14+	M	6:35-7:20 p.m.	214414-M2	\$11.50	\$46.50
Zumba®	14+	W	5:30-6:30 p.m.	214410-W1	\$17.50	\$52.50

LOCATION: Yoga will be held at the Scheig Center, 1313 E. Witzke Boulevard.

CLASS	AGE	DAY	TIME	SPRING 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Yoga	14+	T	9:00-10:00 a.m.	216403-T1	\$17.50	\$52.50
Yoga	14+	W	5:30-6:30 p.m.	216403-W4	\$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.

CLASS	DAY	TIME	LOCATION	SPRING 2 CLASS #	RESIDENT/NON-RESIDENT FEE
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

***Strength & Stretch and Forever Fit are for age 35+.**

UPCOMING SESSION: Summer – June 12- August 25 (No classes July 3-7)

TO REGISTER: Register online at www.appletonparkandrec.org, mail-in registration or register in person at 100 N. Appleton Street, City Hall, 1st Floor Customer Service Center or. **Questions, please call Appleton Parks and Recreation – 832-5905.**