

COMMIT TO BE FIT IN 2018!

Fitness Classes available through Appleton Parks and Recreation



UPCOMING SESSIONS:

Winter 1 runs January 8 – February 24, 2018

Winter 2 runs February 26 – April 21, 2018 (No Class March 26-31)



BODY 360- NEW!

A total body workout featuring high intensity intervals using a variety of equipment and bodyweight movements. This class is designed for all abilities and not only will you gain strength, but you'll see improvements in your core, stability, balance and endurance. May include circuits, tabata and bootcamp style workouts.

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

PURE STRENGTH-NEW!

Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Through a variety of exercises, this class builds strength in the upper and lower body, while toning the core through the use of a variety of equipment (All Levels). **LOCATION:** City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton Street

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!

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



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. **LOCATION:** Scheig Center, 1313 E. Witzke Boulevard



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 NAME	DAY	TIME	WINTER 1 CLASS #	WINTER 2 CLASS #	RESIDENT FEE	NON-RESIDENT FEE
Zumba	M	5:30 - 6:30 p.m.	114410-M1	114410-M2	\$17.50	\$52.50
Pure Strength –NEW!	M	6:35 - 7:20 p.m.	114414-M1	114414-M2	\$15.50	\$50.50
Ballet Barre	TU	5:10 - 5:55 p.m.	114106-T1	114106-T1	\$17.50	\$52.50
Body 360 – NEW!	W	4:45 - 5:45 p.m.	116415-W1	116415-W2	\$17.50	\$52.50
Ballet Barre	SA	9:15 - 10:00 a.m.	114106-S1	114106-S2	\$17.50	\$52.50
Yoga	M	5:30-6:30 p.m.	116403-M3	116403-M4	\$17.50	\$52.50
Yoga	TU	9:00 – 10:00 a.m.	116403-T1	116403-T2	\$17.50	\$52.50
Yoga	W	5:30 – 6:30 p.m.	116403-W1	116403-W2	\$17.50	\$52.50
Yoga	TH	9:00 – 10:00 a.m.	116403-H1	116403-H3	\$17.50	\$52.50

Register Online at www.appletonparkandrec.org