

ADULT FITNESS CLASS UPCOMING SESSIONS

Spring runs April 23-June 9 (no class May 28)

Summer runs June 11-August 25 (no class July 2-7)

COMMIT TO BE FIT IN 2018



BODY 360- NEW!

A total body workout 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.

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

SUMMER LOCATION: Telulah Park Pavilion, 1300 E. Newberry Street

TOTAL BODY HIIT- NEW!

This 60-minute HIIT total body workout features High Intensity Interval Training to rev your metabolism, build muscle, and torch calories. This class gives you the optimal mix of strength, cardio and core to take your fitness goal to the next level. This class will use weights, BOSU, TRX, body bars and resistance bands to get you results.

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

SUMMER LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue

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.

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

SUMMER LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue



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.

LOCATION: Scheig Center, 1313 E. Witzke Boulevard (will go outdoor if the weather permits)

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! It's easy to do, effective and totally exhilarating. It's a dance-fitness class that feels friendly, and most of all, fun.

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

SUMMER LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue



CLASS NAME	AGE	DAY	TIME	SPRING CLASS #	SUMMER CLASS #	SPRING RESIDENT/ NON- RESIDENT FEE	SUMMER RESIDENT/ NON- RESIDENT FEE
Zumba	14+	M	5:30 - 6:30 p.m.	214410-M2	314410-M2	\$15.00/\$50.00	\$25.00/\$60.00
Zumba	14+	W	5:30 - 6:30 p.m.	NO CLASS	314410-W1	\$17.50/\$52.50	\$25.00/\$60.00
Pure Strength – NEW!	14+	M	6:35 - 7:20 p.m.	214414-M2	314414-M2	\$13.50/\$48.50	\$22.50/\$57.50
Body 360 – NEW!	14+	W	4:45 - 5:45 p.m.	216415-W2	316415-W1	\$17.50/\$52.50	\$25.00/\$60.00
Total Body HIIT-NEW!	14+	TU	8:45 – 9:45 a.m.	214426-T1	314426-T1	\$17.50/\$52.50	\$25.00/\$60.00
Total Body HIIT-NEW!	14+	TH	8:45 – 9:45 a.m.	214426-H1	314426-H1	\$15.00/\$50.00	\$22.50/\$54.00
Ballet Barre	14+	SA	9:15 - 10:00 a.m.	214106-S2	314106-S1	\$17.50/\$52.50	\$25.00/\$60.00
Yoga	14+	M	5:30 - 6:30 p.m.	216403-M1	316403-M1	\$15.00/\$50.00	\$25.00/\$60.00
Yoga	14+	TU	9:00 - 10:00 a.m.	216403-T1	316403-T1	\$17.50/\$52.50	\$25.00/\$60.00
Yoga	14+	W	5:30 – 6:30 p.m.	216403-W3	316403-W1	\$17.50/\$52.50	\$25.00/\$60.00
Yoga	14+	TH	9:00 - 10:00 a.m.	216403-H1	316403-H4	\$17.50/\$52.50	\$25.00/\$60.00

Register Online at www.appletonparkandrec.org