



COMMIT TO BE FIT



Register Online at www.appletonparkandrec.org

BODY 360

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.

FALL 1 LOCATION: Telulah Park Pavilion, 1300 E. Newberry Street

FALL 2, WINTER, SPRING 1 LOCATION: City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton Street

PURE STRENGTH

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).

FALL 1 LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue

FALL 2, WINTER, SPRING 1 LOCATION: City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton Street

TOTAL BODY HIIT - NEW!

Are you ready to HIIT it? 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.

FALL 1 LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue

FALL 2, WINTER, SPRING 1 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.

FALL 1 LOCATION: Pierce Park Pavilion, 1035 W. Prospect Avenue

FALL 2, WINTER, SPRING 1 LOCATION: City Center Plaza, 2nd floor Studios, Studio 2, 100 N. Appleton Street

UPCOMING SESSIONS:

Fall 1: September 10 - October 27
 Fall 2: October 29 - December 22 (no classes Nov. 19-24)
 Winter: January 7 - February 22
 Spring 1: February 25 - April 20 (no classes March 25-30)

| CLASS NAME | AGE | DAY | TIME | FALL 1 CLASS # | FALL 2 CLASS #* | WINTER CLASS # | SPRING 1 CLASS #* | RESIDENT/ NON- RESIDENT FEE |
|----------------------|-----|-----|-------------------|----------------|-----------------|----------------|-------------------|-----------------------------|
| Zumba | 14+ | M | 5:30 - 6:30 p.m. | 414410-M2 | 414410-M3 | 114410-M2 | 214410-M2 | \$17.50/\$52.50 |
| Zumba | 14+ | W | 5:30 - 6:30 p.m. | 414410-W1 | 414410-W2 | 114410-W1 | 214410-W1 | \$17.50/\$52.50 |
| Pure Strength | 14+ | M | 6:35 - 7:20 p.m. | 414414-M1 | 414414-M2 | 114414-M1 | 214414-M1 | \$13.50/\$48.50 |
| Body 360 | 14+ | W | 4:45 - 5:45 p.m. | 416415-W2 | 416415-W4 | 116415-W2 | 216415-W2 | \$17.50/\$52.50 |
| TOTAL BODY HIIT-NEW! | 14+ | TU | 8:45 - 9:45 a.m. | 414426-T1 | 414426-T2 | 114426-T1 | 214426-T2 | \$17.50/\$52.50 |
| Yoga | 14+ | M | 5:30 - 6:30 p.m. | 416403-M1 | 416403-M3 | 116403-M1 | 216403-M3 | \$17.50/\$52.50 |
| Yoga | 14+ | TU | 9:00 - 10:00 a.m. | 416403-T1 | 416403-T2 | 116403-T1 | 216403-T2 | \$17.50/\$52.50 |
| Yoga | 14+ | W | 5:30 - 6:30 p.m. | 416403-W3 | 416403-W4 | 116403-W3 | 216403-W4 | \$17.50/\$52.50 |
| Yoga | 14+ | TH | 9:00 - 10:00 a.m. | 416403-H1 | 416403-H4 | 116403-H1 | 216403-H4 | \$17.50/\$52.50 |