

Plainfield Recreation- Classes Start Tuesday 1/2/18 for 12 weeks

Winter Fitness

Pre-registration with payment required before class starts ~ Class sizes limited ~ Register EARLY!
Classes run 45-60 minutes (No classes on: 1/15/, 2/19 and 2/20)

EVENING CLASSES: at Moosup Elementary School

Monday	5:30	TABATA style Exercise
	6:30	ZUMBA
Tuesday	5:30	CARDIO KICKBOXING
	6:30	STRENGTH TRAINING
Wednesday	5:30	STRONG **NEW INTENSE Workout**
	6:35	ZUMBA
Thursday	5:30	BODY BLAST BOOT CAMP
	6:30	YOLATES

EARLY BIRD SIGN-UP
\$10 off registration
Up to 12/15/17

DAY CLASSES: at Plainfield Recreation/Senior Center

Monday	1:00	GET MOVING MONDAY-MOMMY and ME FITNESS
Thursday	9:30	FITNESS Sampler
Friday	9:00	CARDIO DANCE WORKOUT (for 55+ PLUS special pricing)

All levels of fitness are welcome. Please contact the instructors to discuss medical limitations prior to starting class.
Students PLEASE bring to class: weights, mat, water bottle, sneakers and comfortable clothes

GET MOVING MONDAY - MOMMY and ME. This class will focus on moms with infants and toddlers who would like to start a workout routine post partum. I will be wearing my infant and conducting class to get moving and engage with your baby. We will be doing body weight strength moves as well as getting down on the ground to rebuild our core. Please bring a mat, towel, water and whatever carrier you prefer for your child. If you have a toddler that will participate alongside you with movements please feel free to bring them as well. This class is meant to get moms out of the house with their children to engage in fitness, fun and bonding with your child and other moms! I'm here to motivate and support your fitness journey.

STRONG by Zumba™ - With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. This class will push you past your plateaus to help you reach your fitness goals faster. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. As part of your high-intensity sweat session, you'll hit the floor for some intense core exercises. Come prepared with the following: cross trainer tennis shoes, floor mat, towel, water (a lot) and fitness gloves for floor work(optional)

ZUMBA This is a Latin inspired dance fitness class. It combines basic dance movements that are designed to provide both cardio and muscle toning benefits.

KICKBOXING : Whether you're looking to increase strength, confidence, coordination, or you're just after a kickass cardio workout, kickboxing will keep you coming back for more. The flexibility of the term (and its students) has contributed to the sport's tremendous popularity: class focuses on everything from cardio conditioning and elements of dance to self-defense and martial arts

BODY BLAST BOOT CAMP: Boot Camp style routine incorporating calorie torching and muscle strengthening and toning exercises. This is a combination of cardio, strength training, muscle endurance, flexibility, and core. Challenge your body and mind while gaining strength, endurance and muscle tone.

YOLATES: Not to be confused with Pie and Lates. Join us in this low impact and muscle toning event. Incorporating movements found in Yoga and Pilates, we bring the best of both worlds designed to stabilize and strengthen not only your core, but the entire body. Slow controlled movements designed to allow for muscle lengthening, strengthening, and stretching. You will learn proper posture as well as breathing techniques to allow for maximum results.

STRENGTH TRAINING: Fitness centers and equipment will be stationed throughout the gym offering strength training, core conditioning, and cardio-vascular activity. Great "go at your own pace workout" for everyone.

FITNESS SAMPLER: This will be a different each week. A sample of all styles of fitness will be offered including but not limited to circuit and interval training. Jessica will guide and encourage you each week as you progress into a fitness routine.

Prices for 12 week session:

1 class per week	\$ 60
2 classes per week	\$ 80
3 classes per week	\$ 90
Unlimited Classes	\$100
Drop-in fee \$10.00 per class based on available space	

Plainfield Recreation
564-1819