

Plainfield Recreation- Classes Start Tuesday 4/23/2018 for 8 weeks

Spring Fitness

Pre-registration with payment required before class starts ~ Class sizes limited ~ Register EARLY!
Classes run 45-60 minutes (No class on: 5/28/2018)

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	TABATA style Exercise
	6:30	STRONG by ZUMBA
Thursday	5:30	BODY BLAST BOOT CAMP
	6:30	YOLATES

EARLY BIRD SIGN-UP

\$10 off registration

Up to 4/6/18

DAY CLASSES: at Plainfield Recreation/Senior Center

Thursday	12:10	NOON TIME FITNESS
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

STRONG by Zumba™ - 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 workout you'll hit the floor for some 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 8 week session:

1 class per week	\$ 40
2 classes per week	\$ 60
3 classes per week	\$ 80
Unlimited Classes	\$ 90

Drop-in fee \$10.00 per class based on available space

Plainfield Recreation

564-1819