

# Plainfield Recreation-Spring Shape-Up!

## Aerobics and ZUMBA

NEW CLASSES STARTS April 10th, 2012

(NO CLASS 4/17 AND 4/19)

Classes are held at Moosup Elementary School

Pre-registration with payment required before class starts ~ Class sizes limited ~ Register EARLY!

Tuesday 5:30-6:20pm ZUMBA Tone  
6:30-7:25pm Total Tone "PLUS"  
7:30-8:10pm Beginner Zumba "PLUS"



Thursday 5:30-6:25pm Boot Camp Fitness– Great class for couples!  
6:30pm-7:25pm ZUMBA  
7:30pm-8:10pm Butts and Gutts

### Prices for 8 week session:

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

Drop-in fee \$7.00 per class based on available space

### Students PLEASE bring to class:

your own weights (approx 3-8 lbs), mat, water bottle  
sneakers and comfortable clothes



### CLASS DESCRIPTIONS:

**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.

**BEGINNER ZUMBA PLUS** Taking beginner ZUMBA to the next level with more songs and a slightly faster pace. Same moves, benefits as ZUMBA, but at a slower pace than full ZUMBA class. with more instruction.

**ZUMBA Tone:** The original ZUMBA dance fitness class taken to the next level utilizing light weight ZUMBA resistance sticks. The combination of cardio-dance and dynamic resistance exercise creates a different, fun and effective new style workout.

**BUTTS and GUTTS:** Focused body sculpting for your core and glute muscles. Super intense and effective lower body toning class! Modifications always offered. Stay after your Zumba class to make it a complete workout.

**TOTAL TONE "PLUS"** Lots of strength training exercises using medicine balls, weights and tubing combined with short cardiovascular activity. Low impact modifications always offered. All levels of fitness welcome.

**BOOT CAMP FITNESS** Get in shape fast with boot camp fitness. This class mixes traditional calisthenics exercise with interval and strength training components. This program will sometimes be taken outdoors if weather permits. GREAT CLASS FOR COUPLES WHO WANT TO EXERCISE TOGETHER. GREAT CLASS TO PREPARE FOR OBSTACLE COURSE COMPETITIONS SUCH AS THE "WARRIOR DASH@".

Plainfield Recreation 564-1819