

# Plainfield Recreation- Classes Start Monday 9/11/17 for 12 weeks

## Fall Fitness

Classes are held at Moosup Elementary (unless noted)

Pre-registration with payment required before class starts ~ Class sizes limited ~ Register EARLY!  
(No classes on: 10/9/17)

<b>Monday</b>	6:30-7:30pm	ZUMBA (at the Senior Center)
<b>Tuesday</b>	5:30-6:10pm 6:30-7:20pm	CARDIO KICKBOXING STRENGTH TRAINING
<b>Thursday</b>	10:00-10:45am  5:30-6:20pm 6:30-7:20pm	FITNESS Sampler (at Senior Center)  BODY BLAST BOOT CAMP YOLATES
<b>Friday</b>	9:00-9:45am	CARDIO DANCE WORKOUT (55 PLUS at the Senior Center)

All levels of fitness are welcome.

However, please contact the instructors to discuss medical limitations prior to starting class.

**CLASS DESCRIPTIONS:** Students PLEASE bring to class: weights, mat, water bottle, sneakers and comfortable clothes

**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:

<u>Early Bird register by</u>	<u>8/14</u>	<u>After 8/25</u>
1 class per week	\$50	\$60
2 classes per week	\$70	\$80
Unlimited Classes	\$80	\$90
Drop-in fee \$10.00 per class based on available space		

**Plainfield Recreation**  
**564-1819**