

Don't Miss Out! Sign up now at the Recreation Office!

# Summer Fitness 2018-6 week sessions

July 17th-August 23rd

Plainfield Recreation Department, 482 Norwich Road, Plainfield

Instructor: Erica Decker      Special pricing: \$60 for the summer Take one class or all-same price!!

Tuesday: 5:30 pm-6:20 pm Total Body Tabata

6:30 pm-7:20 pm Circuit Training

Thursday: 5:30 pm-6:20 pm STRONG by Zumba

6:30 pm-7:20 pm Total Body Tabata

**Total Body Tabata:** Tabata training includes a 20-second high intensity exercise followed by a 10-second rest, repeated eight times in a row. A variety of total body conditioning that will involve strength and cardio exercise. This class is designed to target all major muscle groups in a variety of ways.

**Circuit Training:** Fitness Stations will be created around the gym that focus on total body conditioning, strength training, and cardio vascular exercises. We utilize a mix of free weights, resistance bands, medicine balls, weighted bars, gliders and more!

**STRONG by Zumba™:** 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 to original music that has been specifically designed to match every single move. Each session 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 core exercises as well. Come prepared with the following: good cross trainer shoes, floor mat, towel, and a lot of water.



Plainfield Recreation Department