



Plainfield Recreation Winter 2019 Fitness Classes

Monday	5:30-6:20pm	TABATA with Erica 
	6:30-7:15pm	CIRCUIT TRAINING with Erica 
Wednesday	6:00-7:00pm	Zumba with Dana 
Thursday	5:30-6:20pm	STRONG by Zumba with Erica 
	6:30-7:20pm	TABATA with Erica 

See our Web site for more information on Aqua Fitness, Yoga, Senior Exercise and Line dancing!!!!

Prices for 12 week session begins January 7th. Pre-registration with payment required before class starts ~ Class sizes limited ~ Register EARLY!

1 class per week	\$60
2 classes per week	\$90
Unlimited Classes *	\$120

Classes are held at Plainfield Recreation Office Except where noted

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
 We have the right to cancel classes due to low/lack of enrollment.

CLASS DESCRIPTIONS:

TABATA Fitness Training: Beginner to advanced welcome! Exercise in 20 second intervals at a moderate to high intensity. Rest for 10 seconds between each interval. Burn lots of calories, tone and improve endurance.

CIRCUIT TRAINING: a FULL Body workout offering strength training, core conditioning, and cardio-vascular activity. Great "go at your own pace workout" for everyone.

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.

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)

Not sure if you will like a class? Come to a class and give it a try! Drop-in fee \$10.00 per class based on available space

Plainfield Recreation 860-564-1819 www.plainfieldct.org