

Outdoor Group Fitness Classes at deKoevend Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Plus 7-7:55 am Emily R. Shelter C Class # 546006	Reb3I Strength 9-9:55 am Justine M. Shelter C Class # 546026	Power Plus 7-7:55 am Emily R. Shelter C Class # 546046	Reb3I Strength 9-9:55 am Justine M. Shelter C Class # 546076	Healthy Back 10:15-11:10am Ann L. Shelter C Class # 546096		Yoga 10-11am Yuliya S. Field 5 Class # 546106
Stretch 8:15-9:10am Emily R. Shelter C Class # 546016	Healthy Back 10:15-11:10am Ann L. Shelter C Class # 546036	Stretch 8:15-9:10am Emily R. Shelter C Class # 546056	Zumba 10:15-11:10am Michelle M. Shelter C Class # 546086			Yoga 11:20am-12:20pm Yuliya S. Field 5 Class # 546116
		Mat Pilates 9:30-10:25am Barb O. Shelter C Class # 546066				

CLASS DESCRIPTIONS

Healthy Back: Learn how to prevent or alleviate back problems with strengthening and stretching exercises.

Mat Pilates: Increase core muscle strength, expand flexibility, improve posture and decrease back discomfort.

Power Plus: A total body toning and strength class that will make you stronger. Use your own body weight to make you more powerful. All ages/levels welcome. Modifications provided.

REB3L Strength®: Choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your gym routine.

Stretch: Leave this class feeling relaxed, yet invigorated. Improve circulation, increase flexibility and range of motion while relieving tension and relaxing the muscles in the body. Improve balance while engaging your core throughout each movement.

Yoga: In this practice, poses flow smoothly together incorporating energetic movement through a series of postures. Movement through each posture is matched with the breath, creating a greater sense of flow, strength and relaxation.

Zumba: Ditch the workout, join the party! Latin style dance class that is high energy and fun!

Outdoor Group Fitness Classes at Sterne Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba Gold 10-10:55 am Connie R. South Shelter Class # 524006	HoopCore 9-9:55 am Denise N. South Shelter Class # 524016	Zumba Gold 10-10:55 am Connie R. South Shelter Class # 524036				
	NIA 10:15-11:10am Loelle P. South Shelter Class # 524026		NIA 10:15-11:10am Loelle P. South Shelter Class # 524056			

CLASS DESCRIPTIONS

HoopCore: Using a safely weighted flexible hoop, you will be to learn, or remember, how to hoop in the first 5 minutes! The hoop is made of 6 segments that provide a slight flex when spinning, hugging the body and making it easier to stay up. The safe weight provides the power necessary to work deep into the core muscles.

NIA: Experience the delight of dance, gratification of a workout, serenity of meditation with this holistic dance. Low-impact, bare footed technique, with a blend of dance and martial arts.

Zumba Gold: Specifically designed class that takes the exciting Latin and International dance rhythms created in the original Zumba program and brings them to populations who may need modifications for success.

Outdoor Group Fitness Classes at Prairie Sky Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Walk-n-Tone 9:30-10:30am Denise O. Multi-purpose Field Class # 567006	Yoga 9:30-10:30am Cindy S. Multi-purpose Field Class # 567016	Zumba 9:30-10:30am Lisa C. Multi-purpose Field Class # 567026			

CLASS DESCRIPTIONS

Walk-n-Tone: Walking class is appropriate for all ages and fitness levels. Class combines a variety of walking steps to upbeat music and a toning segment for muscular strength and endurance.

Yoga: In this practice, poses flow smoothly together incorporating energetic movement through a series of postures. Movement through each posture is matched with the breath, creating a greater sense of flow, strength and relaxation.

Zumba: Ditch the workout, join the party! Latin style dance class that is high energy and fun!