

BOOT CAMP IN THE PARK

Get ready for the ultimate total body workout! This intense outdoor workout is designed to push you outside your comfort zone. Challenge yourself to work hard and get fit in the perfect outdoor setting. This class will incorporate cardiovascular training, strength and muscle toning and conditioning, plyometric and more!

FIT & FABULOUS

This low impact cardio class will give you a jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

LOW IMPACT STEP AEROBICS

This class offers an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour.

PILATES

This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

LATIN RHYTHM & SALSA

This class is an introduction to night club style dances for newcomers! Dances will include cha-cha, rumba, bolero, and salsa. Salsa is a partner dance but no partner is required because we will rotate during the class. So, bring some friends and learn how to move.

TOTALLY TONING

This class that uses weights, bands, body bars and gravity to strengthen and tone all major muscle groups.

LITTLE STARS

This class combines music, movement, acting and theater games. A perfect intro to theater with a bit of fun thrown in.

MAX TONE AND FITNESS

This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up!

B.L.T. (BUTT LEGS & TUMMY)

This is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full-body stretch that includes yoga poses adapted for the ball.

STEP CIRCUIT

This aerobics class combines the basics step class interspersed with strength and core work.

ULTIMATE CIRCUIT TRAINING

Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step.

MOVIN' & GROOVIN'

Class designed to assist parents with introducing their child to the joys of music, yoga, and simple tumbling. With practice, this class will help improve strength, coordination, and social skills.

DANCE COMBO

This class offers children an opportunity to learn ballet, tap and creative movement while making every class fun.

ITTY BITTY LACROSSE

Develop will rounder athletes who encompass values in basic Lacrosse fundamentals, teamwork/cooperation, listening skills, and build self esteem in a non-competitive and enriching environment. These sports values are critical for any athlete on and off the field. (Ages 2-4 yrs or 4-6 yrs.)

For further questions please contact Leisure Education at: (480) 312-7957.

