

## **Team Fit After Work**

Team Fit provides participants with challenging, yet motivating, strength and cardiovascular conditioning sessions that include a variety of innovative exercises to improve your overall fitness. This program is designed for all fitness levels, customized to each individual.

Instructor: Karen Cinimo

Location: Center Springs Activity Room

Ages: 18+

Meets: M/W, 5:00-5:45 PM

Fee: \$19

### **MONDAY SESSION**

Session 1: 01/08/18-02/26/18

Session 2: 03/05/18-04/09/18

Session 3: 04/16/18-05/21/18

### **WEDNESDAY SESSION**

Session 1: 01/10/18-02/14/18

Session 2: 02/28/18-04/04/18

Session 3: 04/11/18-05/23/18

## **Walk Live Power Class**

Exciting, motivating music along with four basic steps make this Walk fun and suitable for all fitness levels!

**Instructor:** Robin Frost

Meets: 4:45-5:30 p.m.

**Session 1:** M, 1/8-3/26 - Fee: \$32

Session 2: M, 4/9-6/25 - Fee: \$35

**Location:** Community Y Recreation Center

## **Barre**

Barre class mixes elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

Instructor: Miriam DeGrandi

Location: Community Y Rec Center

Meets: T/TH, 05/01/18-05/31/18, 6:00 - 7:00 PM

Fee: \$40

## **Aqua Circuit**

This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

Instructor: Lori Dusza

Location: Manchester IOH Pool

Meets: T/Th, 5:00 - 5:45 PM

Session 1: 01/09/18 - 02/08/18

Session 2: 02/22/18 - 03/27/18

Session 3: 04/03/18 - 05/10/18

Fee: \$32