

NEW AEROBICS CLASSES FOR FITNESS, 2024

Pop up classes:

April 9 = Outdoor Fitness Challenge Court, 4:30 PM Lovers Lane Soccer Complex (Zoe)

April 16 = Quik Fit, Fitness Circuit, 5:30 PM Preston Miller Park (Miles)

April 23 = Outdoor Fitness Challenge Court, 4:30 PM Lovers Lane Soccer Complex (Zoe)

April 25 = Outdoor Fitness Challenge Court, 5:30 PM Lovers Lane Soccer Complex (Miles)

AEROBIC CLASSES

Body Weight Bandits: (Miles)

Tuesdays = 5:30 PM, Aerobics Room 1

A 45 minute body weight circuit designed to tone, strengthen and improve stability within the entire body.

(Both classes start the week of April 29)

A Chore for your Core (Miles)

Wednesdays = 5:30 PM, Aerobics Room 1

A 30 minute core circuit designed for people in all stages of their fitness journey, improve balance while toning your core! (Stomach, oblique's, lower back)

Hips & Twists (Zoe)

(Starting May 6)

Mondays and Wednesdays = 5:30 PM (Aerobics Room 2)

Join us in a moderate-intensity yoga session focusing on building your back, hip and core strength. This class joins poses from yoga and body weight exercises to enhance your longevity and range of motion.

- *Must sign up for text messaging notification system to be informed about class cancellations due to weather and or other information/changes pertaining to classes.*

