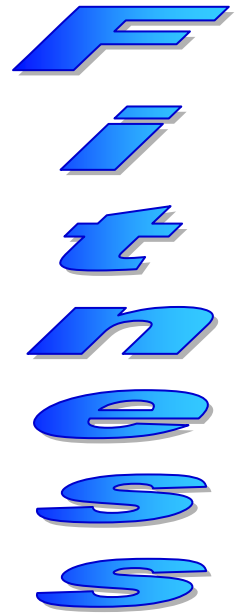


Brook Park Recreation Adult Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Low impact Aerobics		Low impact Aerobics		Low impact Aerobics
10:00am	Low/ No impact Aerobics		Low/ No impact Aerobics		Low/ No impact Aerobics
10:00 am		Pump-it-up fitness		Pump-it-up fitness	
5:45 pm	Thighs, Butts & Guts!		Thighs, Butts & Guts!		
6:00 pm	Pump-it-up fitness	Belly Dancing	Pump-it-up fitness		
6:30 pm					
6:45 pm	Iron Yoga-Lates'		Iron Yoga Lates'		
7:00 pm	Turbo Kick	Zumba			
7:00 pm		Body Sculpting		Body Sculpting	
8:00 pm		Phenomenal Abdominals		Phenomenal Abdominals	

* All times and fees are subject to change

Body Sculpting- is a one-hour cardiovascular strength training exercise class that shapes and tones the entire body and helps prevent osteoporosis. No dancing, jumping or jazzing... just results! Bring a set of 5-pound dumbbells (each), a stretch band, a water bottle and an exercise mat. Accommodates beginner to advanced fitness levels. Work out at your own pace. Eight, one-hour classes in each term.

Phenomenal Abdominals- This 30-minute exercise class that focuses on the upper, lowers, and side abdominal muscles. The exercises are designed to increase torso strength and reduce lower back strain. Can be taken alone or with another exercise class. Bring an exercise mat and stretch band. No weights used. All fitness levels welcome.

Iron Yoga Lates' - Yoga postures and Pilate type movements done properly can improve your flexibility, concentration, energy and help cope with PMS, menopause, back pain, digestion and put some inner peace and balance into your busy life. Monday's class is more relaxation and stretching while Wednesday's class is more strengthening and toning. Bring hand held weight (1-5 lbs each) a mat or beach towel & water.

Low Impact Aerobics- A fun low impact class designed for those who do not want to jump. This class challenges you to burn calories and sculpt your body with weights. A variety of exercise equipment is used and Pilates based moves are incorporated in the floor work.

Low/No impact Aerobics – An aerobic class designed for a complete body workout. Class includes a warm-up with aerobic moves that incorporate weight/sculpting moves. A challenging core segment follows with floor work and Pilates based moves.

Zumba – Was created in the mid-90's by Columbian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Zumba has become on of the fastest growing dance based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy to follow dance moves and body-gratifying benefits.

Pump-it-up Fitness- A weight training class to define and strengthen your muscles which includes the use of barbells. Burn up to 500 calories. All classes open to men & women. Bring your own mat.

Thighs, Butts & Guts!- A class designed to strengthen your abdominal muscles, opposing muscles & legs to help improve posture thus giving you less back problems. Fun, upbeat, educational and safe! Bring water and a mat.

Turbo Kick- Includes a combo of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy & motivating music. The ultimate cardio challenge that's a unique blend of intense intervals strength/endurance training & a relaxing cool-down. No prior experience needed.