

Adult Fitness Classes Fall 2018

TOTAL BODY BLAST

This high energy, fun-filled class will take your fitness to the next level! You will feel the burn as you tone every muscle in your body. The first 20 minutes of class will be devoted to cardio intervals using the step followed by exercises that use bodyweight and dumbbells. This is a great 45-minute workout! **No Classes October 31 and November 21.**

Instructor: *Rebecca R.*

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
M/W	5:15-6:00pm	9/5-10/24	\$40	225850-11
M/W	5:15-6:00pm	10/29-12/19	\$40	225850-12

ZUMBA

Be a part of this exercise program that is fun, challenging, and provides an excellent workout! Jessica has years of experience teaching classes. Her high energy and enthusiasm will motivate you into a healthier lifestyle. **No Class November 22.**

Instructor: *Jessica Hunt*

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
T/TH	5:30-6:30pm	9/4-10/25	\$40	224150-11
T/TH	5:30-6:30pm	10/30-12/20	\$40	224150-12
SA	8:30-9:30pm	9/8-10/27	\$20	226150-11
SA	8:30-9:30pm	11/3-12/22	\$20	226150-12

ZUMBA GOLD

Gold is based on basic Zumba moves with modifications. This is for active adults, beginners, and those who need modified exercise. All the moves you love at a lower intensity with the same FUN! **No Class November 21.**

Instructor: *Jessica Hunt*

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
M/W	8:30-9:30am	9/5-10/24	\$40	254350-11
M/W	8:30-9:30am	10/28-12/19	\$40	254350-12

Please visit NormalParks.org for more information.



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STRETCH & TONE

This class is designed for those 55 & over who want to: remain active, feel better, and maintain joint mobility by using stretching, toning, deep breathing, and relaxation exercises. **No Class November 22.**

Instructor: Jane Whitman

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
T/TH	8:15-9:00am	9/4-12/13	\$70	229960-11

YOGA

Begin the journey that is yoga as you learn or review basic asanas (postures), practice breath work and meditation in a relaxing environment while building strength, increasing flexibility, and improving balance. The classes will be tailored to meet the needs of the individual yogis. Block and straps furnished. Participants must provide their own mat. **No Classes October 15-18 and November 19-22.**

Instructors: Tona Schenck and Cindy Leiseberg

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
M/W	10:00-11:00am	9/10-12/12	\$80	280500-11
T/TH	6:30-7:30am	9/11-12/13	\$80	280000-11
T/TH	10:00-11:00am	9/11-12/13	\$80	280600-11

POUND

Sculpt. Sweat. Rock. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out. The workout is easily modifiable and the alternative vibe is for men and women of all ages and abilities. Rip Styx provided. **No Classes October 31 and November 21.**

Instructor: Rebecca R.

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
M/W	4:30-5:00pm	9/5-10/24	\$30	224750-11
M/W	4:30-5:00pm	10/29-12/19	\$30	224750-12
M/W	6:10-6:40pm	9/5-10/24	\$30	224755-11
M/W	6:10-6:40pm	10/29-12/19	\$30	224755-12

PIYO

Unleash your power with pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen--all in one workout. Define exactly how you want to look and feel. No weights. No bulk. Just hardcore results. Ready to make your power move? **No Classes October 31 and November 21.**

Instructor: Rebecca R

Location: Community Activity Center-Activity Room

Day	Time	Date	Fee	Activity #
M/W	6:45-7:30pm	9/5-10/24	\$40	245000-11
M/W	6:45-7:30pm	10/29-12/19	\$40	245000-12

Please visit NormalParks.org for more information.

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