


Body Blast (age 16 & up)

 Cardio, cardio, cardio! This class will provide the variety your body needs by combining cardio routines with specific muscle conditioning tailored to your needs. Forty-five minutes of cardio fun and 15 minutes of muscle conditioning. Enjoy the music and feel the burn! Men and women welcome!

Location: Herbert C. Young Community Center

Instructor: Natalie Williams

Fees: \$38(R) \$48(N) (10 classes)

107541 Mon, Wed Sep 11–Oct 23 6–7 p.m.

(no class Sep 13, 18, Oct 16)


Fees: \$41(R) \$52(N) (11 classes)

107542 Mon, Wed Nov 6–Dec 20 6–7 p.m.

(no class Nov 13, 22, Dec 11)

Barre

Ballet Barre Workout (age 14 & up)

 A basic ballet barre workout with a twist. Be ready to develop graceful ballet muscles with every move. Lots of stretches and self-body resistance to sculpt your inner ballerina. Fun for all levels to get a workout in a new way. Wear loose fitting clothes. Ballet slippers optional.

Location: Bond Park Community Center

Instructor: Maggie Witter


Fees: \$39(R) \$51(N) (4 classes)

106769 Sat Sep 16–Oct 7 3–4 p.m.

106770 Sat Oct 21–Nov 18 3–4 p.m.

(no class Nov 11)

Ballet Fusion (age 16 & up)

 This is a fun, barre-based aerobic workout with intervals designed to tone your body. Class includes cardio, strength training, stretching, and recovery using the barre. All levels welcomed. No previous ballet experience required.

Location: Bond Park Community Center

Instructor: Judy Liu

Fees: \$78(R) \$103(N) (8 classes)

106587 Tue Sep 12–Oct 31 10:40–11:40 a.m.

Fees: \$59(R) \$77(N) (6 classes)

106588 Tue Nov 7–Dec 19 10:40–11:40 a.m.

(no class Nov 21)

Dance Fitness

DanceIT (age 15 & up)

This fun, well-balanced, whole-body workout allows you to strengthen your cardiovascular system using all the muscles in your body! The upbeat, inspirational music carries you through the movements needed to release everyday stresses. For dancers and non-dancers!

Location: Middle Creek Community Center

Instructor: Barbara Parzygnat

Fees: \$118(R) \$148(N) (24 classes)

106247 Tue, Thu Sep 12–Dec 7 7:15–8:15 p.m.

(no class Oct 31, Nov 23)

Fees: \$54(R) \$70(N) (11 classes)


106250 Fri Sep 15–Dec 8 9:30–10:30 a.m.

(no class Nov 10, 24)

Fees: \$60(R) \$78(N) (12 classes)

106249 Mon Sep 25–Dec 11 9:30–10:30 a.m.

Zumba® (age 16 & up)

 Zumba® is a Latin-inspired, dance fitness class incorporating Latin and International music and dance movements. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as legs, arms, core abdominals, and the most important muscle in the body: the heart! Great instructional class for beginners!

Location: Bond Park Community Center

Instructor: Tiffany Schick

Fees: \$59 (R) \$77(N) (6 classes)

106753 Fri Sep 8–Oct 13 5:30–6:30 p.m.

Fees: \$49(R) \$64(N) (5 classes)

106754 Fri Nov 3–Dec 15 5:30–6:30 p.m.

(no class Nov 10, 24)

Instructor: Mya Barghouthi

Fees: \$78(R) \$103(N) (8 classes)

106576 Mon Sep 11–Oct 30 6:30–7:30 p.m.

Fees: \$68(R) \$90(N) (7 classes)

106577 Mon Nov 6–Dec 18 6:30–7:30 p.m.

Bollywood Fitness (age 16 & up)

Bollywood is fun and for dance lovers of any ability! With sets of invigorating movements designed to give you a great cardio boost, you will tone and firm problem areas of the body. Get a great workout to a series of songs with specialized choreographed segments. Learn stylish moves and show them off on dance floors too!

Location: Herbert C. Young Community Center

Instructor: Indigo Dance Evolution Academy

Fees: \$49(R) \$64(R) (6 classes)

107665 Mon Sep 11–Oct 16 7:45–8:30 p.m.

107666 Mon Oct 23–Nov 27 7:45–8:30 p.m.