



# FALL I & II 2016 SPECIALTY CLASSES

REGISTRATION OPENS AUGUST 22, 2016



## Fall I Classes Begin September 12, 2016

Registration Closes September 6, 2016

Classes End October 20, 2016

## Fall II Classes Begin October 31, 2016

Registration Closes October 24, 2016

Classes End December 15, 2016

(Classes Meet Six Times)

Members: \$66 | Non-Members: \$90



### MOVE & GROOVE

Join this class for a unique and exciting way to burn calories and improve cardiovascular strength. This aerobic and fitness inspired line dance class is not just a workout, it's instruction on "how to be the life of any party or event!" Bring your dancing feet and be prepared to bust a move!

**Mondays 10:30 am with John**  
(No class on November 21st)

### TRX SUSPENSION TRAINING

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

**Tuesdays 9:00 am with Beth C.**  
**Thursdays 9:30 am with Beth C.**  
(No class on November 22nd or 24th)

### AQUA BOOTCAMP

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

**Tuesdays 9:00 am with Monica**  
(No class on November 22nd)

### FLOW YOGA IN THE WATER

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga in the water!

**Thursdays 9:00 am with Monica**  
**Thursdays 7:30 pm with Monica**  
(No class on November 24th)

### FUNCTIONAL CORE TRAINING

Looking for a class to strengthen your core? Tired of sit ups and crunches? Try this class focusing not only on the abdominal wall, but all of the muscles that support the back, spine and pelvic muscles. Learn to activate all movement from your core in efforts to improve posture, athletic performance and prevent injuries. Class will focus mainly on body weight exercises, but can also use weights, balls & bands.

**Thursdays 6:00 pm with Kelli**  
(No class on November 24th)



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