

HIIT & MISS

With new equipment such as battling ropes, and proven fat-blasting high intensity interval techniques such as Tabata and circuit training, this is a class that you don't want to miss. Each class is an exciting new experience that will challenge fitness enthusiasts, while offering modifications for beginners. Please bring a water bottle and small towel.

Summer Session II Dates:

Wednesdays, August 23-October 4, 2017

Time: 6:00-7:00 p.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$23.00/\$35.00

Seniors Residents/Non-Resident \$11.50/\$17.50

Late Fee: \$5.00 starts on August 21, 2017

TRX® Suspension Training

TRX® Suspension Training is an all-levels functional training program that uses the TRX Suspension Trainer as a method of functional training that develops strength, balance, flexibility and core stability simultaneously. If you are looking to enhance your strength, stability, balance, and endurance this class is for you. Created by Randy Hetrick, CEO of Fitness Anywhere and former Navy SEAL, the TRX was an invention of necessity for Hetrick and his SEAL teammates to maintain peak physical readiness while deployed in the field.

Dates and Times: (4 *different* class sessions offered)

Mondays, 12:00-12:30 p.m. OR

Tuesdays, 7:05-7:35 p.m. OR 7:35-8:05 p.m. OR

Thursdays, 12:30 p.m. to 1:00 p.m.

Summer Session II Dates:

August 21-October 5, 2017 No Class on Monday, September 4 (Last Monday class is October 9, 2017)

Location: Washington Center Senior Center

Fee: Residents/Non-Residents: \$17.25/\$29.25

Senior Residents/Non-Residents: \$8.50/\$14.50

Late Fee: \$5.00 starts August 21, 2017

Hula Hooping-Low Impact

A workout that seems more like playtime that totally brings out the kid in you! Hooping uses weighted hoops to tighten and tone your entire lower body. Hooping burns 7-12 calories per minute. It's a great core workout, increases flexibility of the spine, pelvic and shoulder girdles and tones and sculpts the legs, buttocks and arms! We provide the hoops; you just come and feel the burn!

Summer Session II Dates:

Wednesdays, August 23-October 4, 2017

Time: 5:30-6:00 p.m.

Location: Washington Center Gym Court 1

Fee: Residents/Non-Residents: \$17.25/\$29.25

Senior Residents/Non-Residents: \$8.50/\$14.50

Late Fee: \$5.00 starts August 21, 2017

If there is a class you've never done before and would like to try it before you register please contact Ginger Arndt at (920) 250-5609 or ginger@newlondonwi.org and she would be happy to help you make that happen!

Zumba (Drop-In Program)

Zumba® utilizes a fusion of Latin and International music that can burn between 400- 600 calories during a 45 minute class. Zumba® is fun and easy to do and allows participants to work at their own fitness level. Classes run continuously, there is no need to pre-register. These classes generally run between 45-60 minutes depending on the cool down, stretching and the choreographed routine developed by each individual instructor.

Schedule/Locations: Washington Center Gym

Tuesdays/Thursdays: 6:00 – 6:45 p.m.

Saturdays: 8:00 –8:45 a.m.

Fees:

Residents: \$22.50 for 10 classes Or \$2.50 per class

Non-residents: \$33.75 for 10 classes Or \$3.75 per class

Residents: (60 yrs. or older):\$11.25 for 10 classes

Non-residents: (60 yrs. or older):\$17.00 for 10 classes

Purchase your membership card at:

The New London Aquatic & Fitness Center 815 W.

Washington St. New London, WI or the Parks &

Recreation Department 215 N Shawano St. New

London, WI

2017 Summer Session II: Adult Fitness Sessions Available



To register or for more information:

Please call (920) 982-8521

Or email ginger@newlondonwi.org

Or stop by our office at

215 N. Shawano St. New London, WI
54961



Adult Fitness Sessions

Register during the registration dates to avoid the late fee by calling (920) 982-8521. We would be happy to answer any questions you may have regarding our fitness classes to help you be comfortable attending our variety of classes to help you become the best you! Online registration and our current brochure can be found on our website at www.newlondonwi.org or you can email ginger@newlondonwi.org

**Registration is open
now through August 20, 2017**

Barre Connect

Barre Connect™ combines the strength found in dance technique, the conditioning of Pilates and the balance of yoga. With the combination of these principles your benefit from a Barre Connect™ workout is total body strength, achieving the toned, and “dancer like” physique. An effective series of pre-choreographed movement set to great music to create an incredible body experience that will leave you feeling lengthened, toned and energized! Bottom line...a Barre Connect class is not your typical Barre Workout.

Summer Session II Dates:

Thursdays, August 24-October 5, 2017

Time: 7:05-8:05 p.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$23.00/\$35.00

Senior Residents/Non-Residents: \$11.50/\$17.50

Late Fee: \$5.00 starts on August 21, 2017

Cardio Drumming

Using lightly weighted drumsticks engineered specifically for exercising, this class transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Designed for all fitness levels, this class provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Monday Evening Cardio Drumming

Summer Session II Dates:

Mondays, August 21-October 9, 2017 No Class on Monday, September 4 (Last Monday class is October 9, 2017)

Time: 5:00-5:45 p.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$17.25/\$29.25

Senior Residents/Non-Residents: \$8.50/\$14.50

Late Fee: \$5.00 starts on August 21, 2017

Thursday Morning Cardio Drumming

Summer Session II Dates:

Thursdays, August 24-October 5, 2017

Time: 8:00-8:45 a.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$17.25/\$29.25

Senior Residents/Non-Residents: \$8.50/\$14.50

Late Fee: \$5.00 starts on August 21, 2017

Thursday Evening Cardio Drumming

Summer Session II Dates:

Thursdays, August 24-October 5, 2017

Time: 5:00-5:45 p.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$17.25/\$29.25

Senior Residents/Non-Residents: \$8.50/\$14.50

Late Fee: \$5.00 starts on August 21, 2017

Yoga Vinyasa Flow

Instructor Trish sets an encouraging environment free of competition and comparison with her new Yoga Vinyasa Flow class. It can be an intense practice that appeals to everyone from working professionals to stay at home parents. This style of yoga is taught and focuses on movements, balance and intention to heal, detoxify and exhilarate the body. Build a healthy relationship with your body! Classes are taught to combine strength, flow and can be challenging to those who feel the need. Come, have fun, relieve stress and nourish your soul!

Monday Morning Vinyasa Yoga

Summer Session II Dates:

Mondays, August 21-October 9, 2017 No Class on Monday, September 4 (Last Monday class is October 9, 2017)

Time: 8:00– 9:00 a.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$23.00/\$35.00

Seniors Resident/Non-Resident: \$11.50/\$17.50

Late Fee: \$5.00 starts on August 21, 2017

Friday Morning Vinyasa Yoga

Summer Session I Dates:

Fridays, August 25-October 6, 2017

Time: 9:30-10:15 a.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$23.00/\$35.00

Seniors Residents/Non-Resident \$11.50/\$17.50

Late Fee: \$5.00 starts on August 21, 2017

Power Flow Yoga

This class focuses on building strength & flexibility in body and mind. Modifications are always offered so regardless of flexibility or fitness level you can practice with us. With an encouraging environment FREE of competition plus leaving your ego behind...these series of yoga postures will help release deeply held tension. This class is considered the Yin to the Yang of power yoga. Power yoga class will incorporate regular sequences that become familiar but incorporates variations to modify, intensify or challenge the body by altering the pace or duration of poses. So come join us on this journey into the power of yoga!!!

Summer Session II Dates:

Tuesdays & Thursdays, August 22-October 5, 2017

Time: 6:00-7:00 a.m.

Location: Washington Center Gym

Fee: Residents/Non-Residents: \$46.00/\$70.00

Seniors Residents/Non-Resident \$23.00/\$35.00

Late Fee: \$5.00 starts on August 21, 2017