NEW LONDON PARKS & RECREATION
ADULT FITNESS CLASSES SPRING 2019

Session runs March 4-April 19, 2019 Registration is available February 4-March 3 late registration starting March 4 with a $5.00 late fee.

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
<th>Saturdays</th>
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</thead>
<tbody>
<tr>
<td>8:00-9:00 a.m.</td>
<td>6:00-7:00 a.m. Power Yoga</td>
<td>12:30-1:00 p.m. Power Yoga</td>
<td>6:00-7:00 a.m. Power Yoga</td>
<td>9:15-10:15 a.m. Yoga</td>
<td>8:00-9:00 a.m.</td>
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<td>Yoga</td>
<td>2 days a week T/Th</td>
<td>2 days a week T/Th</td>
<td>2 days a week T/Th</td>
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<td>Strong by Zumba**</td>
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<tr>
<td>12:30-1:00 p.m.</td>
<td>9:30-10:15 a.m.</td>
<td>4:30-5:30 p.m.</td>
<td>8:00-9:00 a.m.</td>
<td>12:30-1:00 p.m.</td>
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<tr>
<td>TRX</td>
<td>Muscle Conditioning</td>
<td>On the Ball</td>
<td>Cardio Drumming</td>
<td>Abs &amp; Assets</td>
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<tr>
<td>4:30-5:30 p.m.</td>
<td>6:00-7:00 p.m. Zumba**</td>
<td>5:35-6:05 p.m. Rump</td>
<td>9:30-10:15 a.m.</td>
<td>6:00-7:00 p.m. Zumba**</td>
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<tr>
<td>Zumba**</td>
<td></td>
<td>6:00-7:00 p.m. TRX</td>
<td>12:30-1:00 p.m. TRX</td>
<td>7:05-8:05 p.m. Barre</td>
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<tr>
<td>6:00-7:00 p.m.</td>
<td>7:05-7:35 p.m. TRX</td>
<td>6:10-7:10 p.m. Hiit or Miss</td>
<td>6:00-7:00 p.m. Zumba**</td>
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<tr>
<td>PiYo</td>
<td></td>
<td>7:35-8:05 p.m. TRX</td>
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**Drop in Fitness Class**

ZUMBA® is a Latin-inspired dance workout that uses footwork and rhythms such as Salsa, Merengue, Cumbia and Reggaeton.

Strong by Zumba combines body weight, muscle conditioning, cardio, and plyometric training to music that has been designed to match every move.

In the Washington Center Gym.

**2019 Zumba Fees:** Resident/Non-Resident
Membership Card (10 pass): $27.00/$38.25
Individual Class Pass: $3.00/$4.25
Senior Fee
$13.50/19.00

Further details on the classes listed above are on back, including class description, location, and fees.

**Indicates a drop in class, you must purchase a land exercise pass to attend.**

What is the focus of this class:

- Strength
- Restorative
- Cardio

7:05-8:05 p.m. Barre
Spring Fitness Sessions
The programs listed below must be registered for and are only available as 7 week sessions.

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How does registration work?
Call the New London Parks & Recreation Office at (920) 982-8521 * Stop by the office at 215 N. Shawano St.* Online in the membership section of our online registration system at www.newlondonwi.org

TRX® Suspension Training This suspension training class allows participants to work against their weight to improve strength, balance, flexibility and joint stability.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $11.50/$17.50 Senior: $5.75/$8.75

HIIT & MISS This class is an interval training workout which focuses on full body strength conditioning paired with cardio bursts.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

Vinyasa Flow Yoga Mondays OR Fridays This Vinyasa-style yoga class uses flowing sequence of poses which change every breath to increase strength, flexibility, endurance and balance.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

Power Flow Yoga Tuesdays & Thursdays This class emphasizes strength and flexibility while promoting mental stability and concentration through challenging postures and an increased pace.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $46.00/$70.00 Senior: $23.00/$35.00

Cardio Drumming is a cardio jam session, which utilizes weighted drum sticks for a workout which challenges every muscle group by blending cardiovascular training with Pilates and yoga for the ultimate workout.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $17.25/$29.25 Senior: $8.50/$14.50

Barre Connect This low-impact workout uses light weights, bands and a classic ballet barre to tone strengthen and tighten your whole body.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

Muscle Conditioning Using a variety of equipment, we will target all major muscle groups, improving tone & increasing strength. This class is perfect for all fitness levels.
Location: Washington Center Gym
Fee: Residents/Non-Residents: $46.00/$70.00 Senior: $23.00/$35.00

Rump Caboose a little loose? Rump is a 30-minute session that will isolate, strengthen & tone the posterior muscles including your thighs & entire BOOTY!
Location: Washington Center Gym
Fee: Residents/Non-Residents: $11.50/$17.50 Senior: $5.75/$8.75

On the Ball A safe, yet challenging, full body workout incorporating the Fitness Ball as the primary piece of equipment!
Location: Washington Center Gym
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low impact workout!
Location: Washington Center Gym
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

Abs & Assets Yup! You read it right :) Let’s target those stubborn areas of the abdominals & Booty in just 30 minutes!
Location: Washington Center Gym
Wednesday and Fridays
Fee: Residents/Non-Residents: $23.00/$35.00 Senior: $11.50/$17.50

Call (920) 982-8521 or go online at www.newlondonwi.org to register for these classes today!