

## SUMMER 2020 VIRTUAL FITNESS CLASSES

All classes will be offered remotely through the Zoom App except Interval Training. An access code will be emailed to registered participants prior to start of program. Emails will be sent to address on file. For more information please contact Wethersfield Parks & Recreation at (860) 721-2890.

### Active Body with Jo

Age 16+. A high-energy, non-traditional class for all fitness levels. Focus on strength and toning. Incorporates cardio intervals into movements intended to help tone all major muscles. Equipment provided. Min/Max: 12/50. Remote.

Date	Day	Time	Fee	Code
6/22-7/29	M,W	8:30-9:10A	\$35	105004-19
6/26-7/31	F	8:30-9:10A	\$18	105004-20

### Zumba with Nancy

Age 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms with easy to follow moves to create a dynamic fitness program. Min/Max: 11/50. Remote.

Date	Day	Time	Fee	Code
6/23-7/30	Tu,Th	9:30-10:10A	\$35	105006-19
6/22-7/29	M,W	6:30-7:10P	\$35	105006-20

### Zumba Gold with Sheryl Fallon

Age 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, people who are not used to exercising, or who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity. The same great Latin and international styles of music and dance are used. Min/Max: 14/50. Remote.



Date	Day	Time	Fee	Code
6/23-7/30	Tu,Th	8:30-9:10A	\$35	105007-19
6/22-7/29	M,W	5:00-5:40P	\$35	105007-20

### Interval Training

Age 16+. High intensity interval training! Focus on endurance training, strength training and all-over body toning. Modifications will be made to accommodate fitness levels. Workout will be independent. Workout plan will be emailed bi-weekly. Min/Max: 18/50. Remote.

Date	Day	Time	Fee	Code
6/23-7/30	Tu,Th	5:30-6:15A	\$35	105045-19



### Senior Muscle Challenge

Age 50+. This 40 minute class is specially designed for strengthening and toning exercises for seniors. Tone all major muscle groups. Min/Max: 13/50. Remote.

Date	Day	Time	Fee	Code
6/22-8/5	M,W	9:25-10:05A	\$40	105049-19

### Pilates Mat

Age 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. The exercises provide variations to meet different body types making it an exercise option for everyone. Have a mat, towel, and water bottle ready for class. Instructor from Personal Euphoria Pilates. Min/Max: 4/30. Remote.



Date	Day	Time	Fee	Code
7/13-8/17	M	9:00-9:45A	\$40	105050-19

### Total Body with Jo

Age 16+. Strength training targeting major muscle groups using various equipment and body weight. Total Body incorporates cardio intervals intended to help tone your entire body. Min/Max: 12/50. Remote.

Date	Day	Time	Fee	Code
6/22-7/29	M,W	5:30-6:10P	\$35	105053-19

### Yoga

Age 16+. Suitable for all levels. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Yoga breathing exercises called Pranayama benefits the entire body. Physical activity is good for relieving stress, and this is particularly true of yoga. Min/Max: 4/30. Remote.



Date	Day	Time	Fee	Code
7/16-8/20	Th	6:15-7:15P	\$45	105093-19