



## Following Exciting Fitness Trends!

The Southern Lakes Parks & Recreation team is always looking for exciting new fitness classes to bring to our community. We are fortunate to have certified instructors in this area who keep it fresh by bringing you the latest programs, props, and expertise. You don't have to go it alone nor do you have to feel intimidated. Classes are designed for any age at any stage so don't be shy.

And... by the way... fitness is a great idea for date night!

**Get quality fitness training and lots of options at affordable prices in a friendly and welcoming environment without the long commitment**

Check our website for the most up to date fitness class schedule. [www.slpr.net](http://www.slpr.net)



Sweat! Sculpt! Rock! This class is off the charts and a growing world wide trend in cardio fitness. Channel your inner rock star and torch calories with this full body cardio jam session! Using lightly weighted exercise drumsticks you will drum your way to a slimmer body. Lose pounds with POUND! **Tue**

### 30 Minute Abs

Muffin Top? Beer Belly? Love Handles? Not on our watch. This class is designed to tighten up your midsection fast. A great way to fit a great workout into your busy schedule. Besides, you can't have a strong back without a strong belly so there's more than one reason to join us for this quick little ab sculpting routine. **Tue**



This popular cardio dance party has been burning calories for years and it is still a popular exercise program today. Known around the world, Zumba uses dances like samba, salsa, and hip hop as aerobic conditioning making the class exercise in disguise. This class is fun and will inspire you to move to the Latin rhythm. No dance experience is necessary.

**Mon/Wed**



# Mind / Body



## **Pilates - Making the Moves that Matter**

Pilates is not a trend. It is tried and true and uses modern principles of exercise science to improve your strength, balance, flexibility, posture, and mindfulness. You will feel the benefits of this exercise method by learning correct positioning and muscle focus that you can use to augment any fitness routine. Classes are full of variety and may also include center Barre work or Pound for a cardio element. This program targets the whole body using props like weights, fitness circle, resistance band, balls, and the foam roller. **Mon/Wed**

## **On the Ball Core Fitness**

The stability ball has been used in rehab for a long time to improve balance. Because of this, the ball has made its way into fitness classes. The primary benefit of exercising on the ball is improved core strength by focusing on the abdominal and back muscles. Using the principals of Pilates, this class is designed to work the whole body as it gets the deep supporting muscles of the trunk to activate. You'll improve balance and gain strength in your arms, legs, back, and abs. **Thurs/Sat**

## **Chair Yoga**

If you can breathe, you can do some form of yoga. This practice is performed sitting in a chair for those who can't get on a traditional mat. Chair yoga can provide greater flexibility, improve muscle tone, circulation, and can alleviate joint pain while reducing stress and improve mental clarity. The class provides movement and stretching for our wheelchair bound participants of all ages and is a great program to improve range of motion for our seniors too. **Tues/Thurs**

## **Hatha Yoga**

A mindful approach combining gentle yoga with breathing which helps bring peace to the mind and body. This class is for all levels where you will learn basic yoga poses and perform refreshingly long holds. Yoga will improve respiration, flexibility and give you more energy and vitality while it increases circulatory health. Relieve stress with this no impact, gentle form of muscle toning and stretching. **Thurs**