



2015 Winter Fitness Classes

FITNESS CLASS

10 week session
Mondays; 6 – 7: pm
January 5 – March 9

The Recreation Department will be offering strength cardio yoga classes on Monday evenings from 6:00-7:00 p.m. at the senior center. The classes will begin on January 5th and run for ten weeks. All classes will consist of stretching, aerobics, weight lifting and toning. Please bring an exercise mat or towel and 3-8 lb. weights.

ZUMBA

8 week session
Tuesdays; 6 – 7: pm
January 20 – March 10

Our Zumba program combines hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while you burn fat. With some Latin flavor and international zest into the mix you've got a Zumba Class.

RESISTANCE BAND

8 week session
Wednesdays; 7:00 – 8:00 pm
January 7 – February 25

New Class!! Resistance Band fitness class a combination of strength, endurance and flexibility work using resistance bands that are adaptable to **ANY** strength and skill level. A great opportunity for family fitness!! Age 10 & up welcome. Bring a water bottle, a towel for sweat, a good attitude and a desire to work hard in order to look and feel better.

All classes are held at the Edgewood Senior Center @ 550 Freedom Park Drive, Edgewood, KY
All participants must sign a liability waiver. No childcare will be provided.
If you have any questions please call 859-331-5910.

Circle all WINTER classes you are signing up for:



Fitness Class
\$50/person



Zumba
\$40/person



Resistance Band
\$40/person

Name(s) _____

Address _____

Phone Number _____

Email _____

Make all checks payable to City of Edgewood and remit to:
City of Edgewood, Attn: Fitness Classes, 385 Dudley Road, Edgewood, KY 41017