



\$5 PER CLASS
\$20 PER MONTH

MONDAY
STEP AEROBICS
@ 5:20 PM

TUESDAY
ZUMBA
@ 7:00 PM

WEDNESDAY
KICKBOXING
@ 5:20 PM

THURSDAY
ZUMBA
@ 7:00 PM

**FAIRFIELD COUNTY PARKS AND RECREATION
FITNESS CLASS DESCRIPTIONS:**

Zumba: Ages 16/17 with parent: Perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it out. How it works – We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check Super fun? Check and check.

Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

STEP / KICKBOXING: Ages 16/17 with parent. These fitness classes are designed for all who want to begin living a healthier lifestyle with the means of moving more and hurting less. With the combinations of step, weights, core training and stretching, the STEP CLASS offers a fun, all in one session for a stronger and healthier you. Kickboxing is designed to learn how to safely shadow box, with jabs, hooks and upper cuts mixed in with kicking and drills to gain strength and agility from the core to the floor. Lynn teaches beginners, intermediate to advanced clients, all within the same class. Come join the fun! No class the same in a row!!

FAIRFIELD COUNTY
PARKS & RECREATION
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