

ADULT PROGRAMS

MULTI CLASS DISCOUNT

Join one class and get the next (lower priced class) at \$10 off. Add a third class (lower priced class) and take another \$10 off that class too!! Discount applies to Body Conditioning, Stability Ball Workout, Define Yourself and Stretch & Relax.

BODY CONDITIONING: Cardio, strength and balance work-this class has it all for a total body workout. Low impact cardio is followed by floor work that includes strength work, toning and a cool-down. A variety of equipment and exercises are used to keep the mind and body challenged. All equipment provided. All levels welcomed. Bring a water bottle and you must wear sneakers. Instructors: Michelle & Daryl

Location: Swift Gym Ages: HS Students- Adults
Mondays, Wednesdays & Fridays 9-10:00am Fee: \$55
June 17-August 23, 2019 (no class 8/12) Course Code: SUM001



STABILITY BALL WORKOUT: This class incorporates the use of a stability ball for core strength and to improve balance. Participants will be required to bring their own stability ball to and from class. Instructor: Daryl Brazo

Location: Swift Gym Ages: HS Students- Adults
Mondays 10-10:45am Fee: \$44
June 17- August 19, 2019 (no class 8/12) Course Code: SUM002



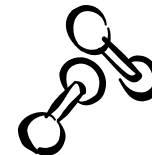
STRETCH & RELAX: Stretching is an important exercise to keep your body limber and flexible. Join the class as they receive a full body stretch. Stretching is important for people who exercise on a regular basis. This class is great for older adults to improve muscle control and balance. Participants must be able to get on the floor. Bring a mat (if you have one) and a water bottle to class. Instructor: Natalie Thibodeau

Location: Swift Gym Ages: HS Students- Adults
Thursdays 9-10:00am Fee: \$50
June 20- August 22, 2019 (no class 7/4) Course Code: SUM003



DEFINE YOURSELF: Balance, strength & stamina are important for overall health and functional movement. This class uses battle ropes, med balls, weights, kettlebells and tubes to develop the strength and core stability needed to keep us agile and strong. All levels welcome. Participants must be able to get down on the floor. Bring a water bottle and you must wear sneakers. Instructor: Michelle Anderson

Location: Swift Gym Ages: HS Students- Adults
Wednesdays 10-10:45am Fee: \$44 Course Code: SUM012
Fridays 10-10:45am Fee: \$44 Course Code: SUM017
June 19- August 23, 2019



YOGA: Come and join this Yoga class where the benefits are endless. Through stretches and poses, you will develop your muscle tone and balance utilizing proper breath and positions. Bring a yoga mat, towel and water to class and if you have them straps and a block. Participants must be able to get on the floor.

Instructor: Kim Cross

Location: Swift Gym

Ages: 16 to Adults Tuesdays 6:45-7:45pm Fee: \$50

July 2- August 6, 2019

Course Code: SUM023



ZUMBA FITNESS: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor and a smile.

Instructor: Natalie Thibodeau

Location: Swift Gym

Ages 16 to Adults Mondays 5:15-6:15pm Course Code SUM004

Ages 16 to Adults Wednesdays 5:15-6:15pm SUM013

Ages 16 to Adults Saturdays 9:30-10:30am SUM018

Fee: 1 class: \$27, 2 classes: \$45, 3 classes: \$60

June 17 – August 24, 2019 (no 7/3)



PICKLEBALL: Come play the fast-growing sport of Pickleball. All skill levels welcomed. Instruction, technique and strategy will be provided. Participants will play games in a round robin.

Instructor: Kristen Coker

Location: Academy Courts

Ages 18 to Adults Mondays 5:30-6:30pm Course Code SUM031

Ages 18 to Adults Mondays 6:30-7:30pm SUM032

Ages 18 to Adults Thursdays 8:30-9:30am SUM033

June 20- August 1, 2019 (no 7/4) Fee: \$60



ADULT TENNIS LESSONS: Players will work on coordination, ball control, movement, footwork, forehands, backhands, volleys and serves. Participants must have their own racquet and wear sneakers.

Instructor: Kristen Coker

Location: Frenchtown Courts

Adult Beginner Tuesdays 5:30-6:30pm Course Code SUM008

Adult Intermediate Tuesdays 6:30-7:30pm SUM009

June 25- July 30, 2019

Fee: \$60



CARDIO TENNIS: This class is a high- energy tennis class that combines the best features of tennis with cardio vascular exercise, delivering the ultimate full-body workout. Participants must have their own racquet and wear sneakers.

Instructor: Kristen Coker

Location: Frenchtown Courts

Adults Beginner Wednesdays 5:30-6:30pm Course Code SUM026

Adults Intermediate Wednesdays 6:30-7:30pm SUM027

June 26- August 7, 2019 (no 7/3)

Fee: \$60



ADULT SOCCER: Adults 25 & over are invited to play recreation games of pick-up soccer. Different teams will be formed each night in this casual yet fun evening. Location: High School Turf Field

Adults 25 & over Thursdays 7:30-9:00pm
June 26-July 31, 2019 (no 7/4) Fee: \$60 Course Code: SUM034



HENNA WORKSHOP: In this hands-on, one-day workshop, after a brief introduction into henna's rich cultural history and modern use, participants will be adorned with a unique design by Molly before practicing on laminated sheets. If you can doodle, you can be successful at Henna.

Instructor: Molly from Henna Your Heart Out Location: Parks and Rec. Office

Ages 18 & over Monday, July 8th Fee:\$20 Course Code: SUM016

