

ADULT PROGRAMS

**NO MULTI CLASS DISCOUNTS
DUE TO LIMITED ENROLLMENT
-SMALLER CLASSES-
-MUST BRING OWN MAT-**



Body Conditioning: All are welcome at this easy to follow cardio & strength workout. Class starts with a warm up and includes cardio, strength, balance training & a stretch. Work at your own level during all parts of the workout. Routines change regularly to challenge your mind & body. Bring a mat, water bottle, sneakers & a positive attitude. Course Code: SUM001

Instructors: Michelle & Amy Location: Swift Gym

Ages 16 to Adults Mon, Wed & Fri 9-10am Fee: \$50
Session I: June 22– August 21, 2020 (no class 7/6, 8/10)

Body Barre Workout: Join us for Body Barre, a hybrid workout combining ballet inspired movements with elements of Pilates, dance, strength & most importantly, balance. Workouts will include flexibility training, core strengthening & calorie burning with light cardio. No equipment required; participants will quickly learn how effective a tool gravity is at building strength! Instructor: Amy Location: Swift Gym Course Code: SUM004



Ages 16 to Adults Mondays 10-10:45am Fee: \$35
Session I: June 22 – August 17 (no class 7/6 & 8/10)

Define Yourself!: Balance, strength & stamina are important for overall health, movement & mobility. This total body workout uses tubes, weights, battle ropes and slam balls to develop the strength and core stability needed to keep you agile and strong. All levels welcome. Weights up to 10lbs provided. Participants must be able to get down on the floor. Bring a mat, water bottle and sneakers. Instructor: Michelle Anderson Location: Swift Gym

Ages 16 – Adults 10-10:45am
Wednesdays Fee: \$45 Course Code: SUM012
Fridays Fee: \$45 Course Code: SUM017
Session I: June 24 – August 21, 2020



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 & water to class and if you have them straps & a block. Participants must be able to get on the floor. Instructor: Raeann Boyd Location: Swift Community Center



Ages 16 to Adults Mondays 6:30-7:30pm Fee: \$50
Session I: June 29 – August 17 (no 7/6 & 8/10) Course Code: SUM023

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. **MUST** bring a mat and a water bottle to class. Instructor: Natalie Thibodeau Location: Swift Gym



Ages 16 to Adults Tuesdays 4:00-5:00pm Fee: \$40
Session I: June 30 – August 18, 2020 Course Code: SUM002

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 mat, water bottle, face towel, a sense of humor & a smile. Instructor: Natalie Thibodeau Location: Swift Gym



Ages 16 to Adults Tuesdays 5:15-6:15pm \$24 SUM003
Ages 16 to Adults Saturdays 9:30-10:30am \$21 SUM018

NO Multi-class discount due to the limited enrollment.
Session I: June 30 – August 22, 2020 (no class 7/4)

Pickleball: Come down to the Academy courts for some pick-up games of pickleball. Doubles will be paired up and rotated so everyone has a chance to play. Bring your own racquet, balls will be provided. Limited enrollment.



Instructor: Kristen Coker Location: Academy Courts
Course Code

Adults 18 & up Wednesdays 5:30-6:30pm SUM024
Adults 18 & up Wednesdays 6:30-7:30pm SUM025
Session I: July 1 – August 5, 2020 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
Course Code

Adult Beginner Mondays 5:30-6:30pm SUM008
Adult Intermediate Mondays 6:30-7:30pm SUM009
Session I: June 29 – August 3, 2020 Fee: \$60



Cardio Tennis: This class is a high energy tennis class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate full-body workout. Participants must have their own racquet & wear sneakers. Instructor: Kristen Coker Location: Frenchtown Courts



Course Code
Adults Beginner Tuesdays 5:30-6:30pm SUM026
Adults Intermediate Tuesdays 6:30-7:30pm SUM027
Session I: June 30 – August 4, 2020 Fee: \$60