

IT'S NO LONGER
ABOUT "SKINNY".
NOW IT'S
ABOUT "HEALTHY".

BRANCBURG RECREATION DEPARTMENT'S FALL—SESSION 2 EXERCISE CLASSES

CARDIO INTERVAL CLASS FOR HIGH SCHOOL & ADULT—CODE A-08

This class will torch tons of calories with its high energy cardio moves, mixed with strength exercises using weights. This interval training workout will increase your endurance, raise your metabolism, and tone your muscles. **Bring hand weights.**

Carrie Palmer is the instructor. **** No class on 11/24****

DATES: Tues. & Thursdays—10/25—12/6 TIME: 6:30—7:15

PLACE: Whiton Elementary School Cafeteria The classes on 11/8 & 11/10 will be held in the Little Red Schoolhouse. **PRICE: \$65**

BEGINNERS PILATES FOR HIGH SCHOOL & ADULT —CODE A-09

Beginners Pilates is a body conditioning routine that enhances core strength and increases reach, flexibility and agility. Class will focus on strength and endurance in the legs, abdominals, arms, hips and back. **Bring a mat.** Carrie Palmer is the instructor. ****No Class on 11/24****

DATES: Tues. & Thursdays—10/25—12/6 TIME: 7:15—8:00pm

PLACE: Whiton Elementary School Cafeteria The classes on 11/8 & 11/10 will be held in the Little Red Schoolhouse. **PRICE: \$65**

YOGA FOR HIGH SCHOOL & ADULTS—CODE A-06

Throughout this seven-week Vinyasa Flow, class participants will be applying modern exercise to the ancient mind and body practice of yoga. Channeling their focus to their breath (pranayama) and having it flow with their poses (Asana), participants will be synchronizing their breath, having them flow in a moving meditation. All levels of experience are welcome and props will be provided for those who may need them. There will be modifications and variations offered throughout, so all levels are challenged, relaxed, and becoming one with their body and mind Namaste. Dress comfortable and bring a Yoga mat. Certified Yoga Instructor, Mariah Madrazo, will be the instructor.

DATES: Wednesdays, 11/2—12/7 TIME: 6:15—7:15pm

PLACE: Little Red Schoolhouse PRICE: \$60

TOTAL CONDITIONING—MORNINGS - Code A-04am

This class incorporates cardio and strength work, keeps your heart rate pumping while working every muscle. Great way to build muscle and burn fat. Each Class will be focused on a different format. Kickboxing, tabata, body sculpting, interval training and strength training will be some of the formats for this total body workout class! From beginner to advanced, work at your own pace and fitness level and have fun while getting fit!! Certified Instructor, Sandra Babalis, will lead this class.

DATES: Tues. & Thurs.—10/18—11/29 TIME: 9:00—10:00am

LOCATION: Little Red Schoolhouse PRICE: \$65

**REGISTER ON-LINE FOR ALL CLASSES OR
CALL 526-1300 Ext. 188**

Today is the **JUST**
chance to change **DO**
yourself for the better. **IT**