

BERLIN PARKS AND RECREATION DEPARTMENT

presents

Personal Euphoria Virtual Fitness classes – all classes will be taught through Zoom, by trained, certified instructors from Personal Euphoria. All classes for ages 18 and older.

BARRE - Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please have a water bottle, a mat, and 1-2 pound hand weights. Barre class will be taught by Allison on Monday's from July 13-August 17 from 6:35-7:20 p.m. Fee is \$26 for residents and \$36 for non-residents **Program #234301A**

PILATES - Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please have a mat, a water bottle, a green (or medium weight) flex band, and a 7.5-9 inch stability ball. Pilates class will be taught by Rob on Tuesday's from July 14-August 18 from 6-6:45 p.m. Fee is \$26 for residents and \$36 for non-residents **Program #234301B**

YOGA - Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please have a mat, a water bottle and any props (pillow, yoga block, blanket, chair, etc.) that will add to your comfort. Yoga class will be taught by Rachel on Thursday's from July 16-August 20 from 6:15-7:15 p.m. Fee is \$26 for residents and \$36 for non-residents **Program #234301C**

The Berlin Parks and Recreation Department is now accepting registration on-line through our WebTrac registration system for these classes. *Registration forms can be obtained on the town's website www.town.berlin.ct.us to mail in.*