

BERLIN PARKS AND RECREATION SUMMER FITNESS SCHEDULE

KEEP MOVING WITH PERSONAL EUPHORIA

The Berlin Parks and Recreation Department is accepting registration on-line through our WebTrac registration system starting **May 17 for residents** and **May 24 for non-residents** for Personal Euphoria Summer Virtual Fitness classes. All classes will be taught through Zoom by trained certified instructors from Personal Euphoria. All classes are for ages 18 and older.

Registration forms can be obtained on the town's website www.town.berlin.ct.us to mail in or call the office at 860-828-7009 to schedule an appointment to come in to register. Once you register you will be sent a link to sign a waiver through Personal Euphoria. You must sign your waiver to complete your registration however, if you have signed the waiver previously, you are all set. Check the Personal Euphoria website for more class offerings.

Full Body Refresh with Maggie

This gentle, yet invigorating class is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. Moves are done standing, sitting and lying down. We move all your parts from your head to your toes in ways that feel so good you won't want to stop, and we stimulate the muscles, tendons and fascia (connective tissues) so every part of you is ready to start the week. We work to sync your breathing with each move. You'll be glad you tuned in! A mat is needed. **Mondays, July 5 to August 16, 8-8:45 AM Program #232001E Resident fee \$54 Non-resident fee \$64**

Barre with Allison

Barre is 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 water, a mat, 2 – 3 and 5 – 8 pounds hand weights, 9-inch ball, and resistance loop, resistance bands are recommended as well. **Mondays, July 5 to August 23, 5:45-6:30 PM Program #232001C Resident fee \$60 Non-resident fee \$70**

Pilates with Rob

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, water, a green (or medium weight) flex band, and a 7.5 -9 inch stability ball.

Tuesdays, July 6 to August 24, 6-6:45 PM Program #232001B Resident fee \$60 Non-resident fee \$70

High Interval Training with Maggie

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training, and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please have water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

Wednesdays, July 7 to August 18, 7:45-8:30 AM Program #232001F Resident fee \$54 Non-resident fee \$64

Tighten & Tone with Allison

Get the endorphins flowing in Tighten & Tone. A Pilates based class designed to strengthen your arms and back using 2lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please have a mat, a blanket, 2-3 lb. weights, and a 9-inch ball and resistance loop, resistance bands are recommended as well. **Wednesdays, July 7 to August 25, 5:45-6:30 PM Program #232001D Resident Fee \$60 Non-resident fee \$70**

Core Strength with Rob

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. A yoga mat, water, and light weights are needed. **Thursdays, July 8 to August 26, 6-6:45 PM Program #232001A Resident fee \$60 Non-resident fee \$70**

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