

Virtual Session 1: May 25 - June 5



Registration Begins: May 18 at 8 a.m.

Register ONLINE at: <https://lowerpaxton.clubautomation.com>

Haven't used your Friendship Center account online yet? Contact Lena.

(lgreen@lowerpaxton-pa.gov)

Zoom access will be sent shortly before the start of class each day.

Pilates Mat & More from the Core w/Yvonne

Mat Pilates is an excellent core muscle workout for the back, abdomen, & neck! Plus total body exercises including balance and a relaxation phase at the end of class.

A wonderful "feel good" experience for all ages!

Dates: Mon., 9:30-10:15 a.m., June 1

Location: Zoom

Fee: \$6R/\$8NR (1 Class)

Mid-Day Rejuvenation w/ Kira (Ages 16+)

An express combination of stimulating movement, Pilates, yoga, and deep relaxation. Moderately paced to serve diverse levels of experience. Bring a yoga mat and wear clothing that is comfortable for stretching.

Dates: Mon., 12-12:45 p.m., June 1

Location: Zoom

Fee: \$6R/\$8NR (1 class)

Metabolic Conditioning w/Kim

Push your fitness to the next level. This class utilizes many types of intervals and combinations of exercises for a full body caloric burning workout.

Dates: Tues., 9:30-10:15 a.m., May 26 & June 2

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Low Impact w/Melissa

Cardio/resistance training to stay fit or get into shape. All ages welcome - formerly known as 50+ Fitness.

Dates: Tues., 12-12:45 p.m., May 26 & June 2

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Beginner Yoga w/ Sharon (Ages 16+)

Learn basic yoga postures: sitting, standing, and lying down. Emphasis on breathing and alignment.

Bring a yoga mat.

Dates: Tues., 10:30-11:15 a.m., May 26 & June 2

Location: Zoom

Fee: \$12R/\$16NR/Members free! (2 classes)

Zumba™ (Ages 16+)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., 10:30-11:15 a.m., June 1 (P)

Wed., 12-12:45 p.m., May 27 & June 3 (V)

Instructor Code: (V) Vesta, (P) Paula

Location: Zoom

Fee: \$6R/\$8NR (Monday Class)

\$12R/\$16NR (Wednesday Classes)

Lifting Workout w/Kim (Ages 16+)

Tone and strengthen your whole body with a group weight training workout done to music.

Dates: Wed., 10:30-11:15 a.m., May 27 & June 3

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Cardio Interval w/Sunny (Ages 16+)

Basic moves for all fitness levels, sure to get your heart rate pumping.

Dates: Wed., 9:30-10:15 a.m., May 27 & June 3

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Basic Bootcamp w/Denise (Ages 16+)

A 45-minute Boot-Camp style workout held in the gym: battle ropes, resistance runs, and much more will be used in this high-intensity workout!

Dates: Thurs., 9:30-10:15 a.m., May 28 & June 4

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Mixed Level Yoga (Ages 16+) w/ Sharon

A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat.

Dates: Thurs., 10:30-11:15 a.m., May 28 & June 4

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Strength Fusion w/Jodie (Ages 16+)

A fusion of strength, balance, and functional training using a variety of equipment.

Dates: Fri., 9:30-10:15 a.m., May 29 & June 5

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Silver Sneakers Yoga w/ Kira

Silver Sneakers Yoga class provides all the benefits of traditional yoga while standing or sitting in a chair.

Fri., 11:15 a.m. - 12noon, May 29 & June 5

Location: Zoom

Fee: \$12R/\$16NR (2 classes)

Remember...

No Friendship Center Membership Fees will be withdrawn for the month of May.



Together We Stay Happy & Stay Healthy!