



# Shelton Parks & Recreation

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☎ 203-925-8422 ☎ Info/Cancellation 203-331-4120

[www.cityofshelton.org](http://www.cityofshelton.org), Community Services, Recreation



## Fitness Classes 2010

**Body Sculpting:** encompasses a strength-training segment targeting all major muscle groups along with a variety of cardiovascular activities. The class is designed for all with an emphasis on fun & enjoyment.

**Cardio Mix:** incorporates aerobics, step, intervals, and conditioning. The program will focus in increasing endurance, strength, and flexibility. Steps will be provided.

**Circuit Aerobics:** Class will entail doing different exercises at each exercise station. Benefits include increasing strength, speed, flexibility, muscle endurance and cardiovascular efficiencies.

**Pilates:** This unique, low impact workout will lengthen and strengthen your body by using core abdominal muscles to tone which can increase one's flexibility, coordination and balance.

**Step Aerobics:** \*Beginners please come to first class at 6:15 pm for introduction. Steps are provided.

**Stretch & Tone:** Low impact workout, floor exercise with 1-3 lb. hand weights & cool down with yoga.

**Zumba Fitness:** Latin & international music & dance themes; interval training of slow & fast rhythms.

**Cash or Check only.** Bring 1-5 lb. hand weights, mat, and water to each class.

PROGRAM	DAYS	TIME	STARTS	No Class	DURATION	FEE
<b>BODY SCULPTING</b> Instructor: Jo-Ann Triebwasser	Mon. & Wed.	8:30 - 9:30 <b>am</b>	Jan. 11	Jan 18, Feb 15	8 weeks	\$45
	Saturdays	9:15 - 10:15 <b>am</b>	Jan. 30	Feb. 13	8 weeks	\$25
<b>BODY SCULPTING</b> Instructor: Fran Champagne	Tues. & Thurs.	6:00 - 7:00 pm	Nov. 24	Dec 24, 31	8 weeks	\$45
<b>BOOT CAMP</b> Instructor: Jo-Ann Triebwasser	Wednesdays	7:30 - 8:30 pm	Jan. 20		8 weeks	\$33
<b>CARDIOKICKBOXING</b> Instructor: Dan Artes	Mon. & Wed.	6:30 - 7:30 pm	Jan. 20	Feb. 15	8 weeks	\$45
	Tues. & Thurs.	6:30 - 7:30 pm	Jan. 19		8 weeks	\$45
<b>CARDIO MIX - All Level</b> Instructor: Jo-Ann Triebwasser	Mon. & Wed.	9:30-10:30 <b>am</b>	Jan. 11	Jan 18, Feb 15	8 weeks	\$45
<b>CIRCUIT AEROBICS</b> Instructor: Jo-Ann Triebwasser	Mondays	7:30 - 8:30 pm	Jan. 25	Feb 15	8 weeks	\$33
	Fridays	9:30 - 10:30 <b>am</b>	Jan. 29	Feb. 12	8 weeks	\$33
<b>PILATES - All Level</b> Instructor: Jo-Ann Triebwasser	Mondays	5:15 - 6:15 pm	Feb. 1	Feb. 15	8 weeks	\$45
	Tuesdays	7:15 - 8:15 pm	Jan. 12		8 weeks	\$45
	Wednesdays	6:00 - 7:00 pm	Jan. 20		8 weeks	\$45
	Thursday	7:15 - 8:15 pm	Jan. 28		8 weeks	\$45
	Saturdays	8:00 - 9:00 <b>am</b>	Jan. 16		8 weeks	\$45
<b>STEP AEROBICS</b> Instructor: Karen Tesoriero	Mon. & Wed.	6:30 - 7:50 pm	Feb. 10	Feb. 15	8 weeks	\$45
<b>STRETCH &amp; TONE</b> Instructor: Darlene Reilly	Mon. & Wed.	6:00 - 7:00 pm	Jan. 4	Jan 18, Feb 15	8 weeks	\$45
<b>ZUMBA FITNESS</b> Instructor: Julia Hepfer	Tuesdays	9:45 - 10:45 <b>am</b>	March 2		8 weeks	\$45
<b>ZUMBA GOLD FITNESS</b> Instructor: Robin Allen	Fridays	6:00 - 7:00 pm	Jan. 29	Feb. 12	8 weeks	\$45