



Shelton Parks & Recreation

41 Church Street, Shelton, CT 06484-0668

☎ Info/Cancellation (203) 331-4120

☎ (203) 925-8422

www.cityofshelton.org, Community Services, Recreation



Fitness Classes



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 and enjoyment.

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

Dance Aerobics: The class consists of fun, easy dance steps designed for all levels. Also please bring 2 or 3 lb. weights for Body Sculpting, Pilates style core workout and a soothing yoga stretch for the cool down.

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.

Zumba: A fusion of Latin & International music & dance themes.

Cash or Check only. Bring a mat or towel and water to each class.

PROGRAM	DAYS	TIME	START DATE	No Class	DURATION	FEE
BODY SCULPTING Instructor: Jo-Ann Triebwasser	Mon. & Wed.	8:30-9:30 am	Aug. 6	Sept. 1	8 weeks	\$45
BODY SCULPTING Instructor: Fran Champagne	Tues. & Thurs.	6:00-7:00 pm	Aug. 5		8 weeks	\$45
CARDIO KICKBOXING Instructor: Dan Artes	Mon. & Wed.	6:20-7:20 pm 7:20-8:20 pm	June 9		8 weeks	\$45
	Tues. & Thurs.	6:20-7:20 pm	June 10		8 weeks	\$45
	Saturdays	10:20-11:20 am	July 19		8 weeks	\$23
CARDIO MIX - All Level Instructor: Jo-Ann Triebwasser	Mon. & Wed.	9:30-10:30 am	Aug. 6	Sept. 1	8 weeks	\$45
CIRCUIT AEROBICS Instructor: Jo-Ann Triebwasser	Fridays	9:45-10:45 am	Aug. 8		8 weeks	\$25
PILATES - All Level Instructor: Jo-Ann Triebwasser	Mondays	5:15-6:15 pm	July 21	Sept 1	8 weeks	\$45
	Tuesdays	7:15-8:15 pm	July 8		8 weeks	\$45
	Wednesdays	6:00-7:00 pm	July 9		8 weeks	\$45
	Thursday	7:15-8:15 pm	July 10		8 weeks	\$45
	Saturdays	8:00-9:00 am	June 28		8 weeks	\$45
STEP AEROBICS Instructor: Karen Tesoriero	Mon. & Wed.	6:30-7:30 pm 7:30-8:30 pm	July 21		8 weeks	\$45
STRETCH & TONE Instructor: Darlene Reilly	Mon. & Wed.	6:00 - 7:00 pm	June 16		8 weeks	\$45
STRETCH & TONE Instructor: Darlene Reilly	Tuesdays	6:00 - 7:00 pm	June 17		8 weeks	\$45
ZUMBA - Karen Fadden	Tuesdays	7:35 - 8:35 pm	July 8		8 weeks	\$50
ZUMBA - Karen Fadden	Thursdays	7:35 - 8:35 pm	July 10		8 weeks	\$50