

FITNESS CLASSES

with Karen Manette Bosna

ADULT BALLET SCULPT

This is a program using the ballet barre and light weights to create strong lean muscles. Energizing routine to tone, sculpt, and lengthen muscles. Increases flexibility and bone density and releases tight joints.

Stretching movements. Beginners welcome!

Tuesday 11:00 - 12 noon

ADULT BALLET SCULPT/PILATES FUSION

This conditioning class is a series of ballet & pilates exercises that work the entire body. Builds, sculpts, and tones muscles. Increases balance & bone density! Use the ballet barre and portable pilates reform bar - Designed to use the body's center or "powerhouse." Focus is on basic principles of pilates and Form.

Beginners welcome!

Friday 11:00 - 12 noon

INTRO TO YOGA

Have you ever wanted to try Yoga or would you like to reinforce the basics you may have learned some years ago? This Yoga practice is offered as a coed beginners' level awareness and experience of Yoga - Stretch, Breathe and Relax. "Feel the sweet breeze of peace of mind." Improve flexibility, strength, energy, self-esteem and well being.

Yoga helps manage and reduce stress. No previous Yoga experience required and all levels are welcome.

Wednesday 11:00 - 12 noon

Saturday 10:00 - 11:00 am

PILATES PORTABLE REFORM BAR

Total Pilates core routine using the portable Reform Bar. This workout is a series of exercises that work the entire body - standing, seated and lying positions -and wrapping up the routine with stretching movements. Builds muscle, sculpts, tones and increases balance! All levels welcome.

Friday 4:45-5:30 PM

Fee: \$5. per class
Franklin Street Civic Center

More Info? 609-884-9565 or www.capemayrecreation.org