

ParkFit Monday

Hosted by 50 Minute Fitness @ Performance Square

All classes are **FREE**

Time: 12:10-12:50pm

For more information call Leslie @ 50 Minute Fitness: 431-4995

<u>DATE</u>	<u>CLASS</u>	<u>DESCRIPTION</u>
6/9	TRX Circuit	Circuit training using TRX suspension straps
6/16	Power 50	Intervals of cardio, weights and resistance bands
6/23	Yoga	Gentle yoga with meditation
6/30	TRX Circuit	Circuit training using TRX suspension straps
7/7	Mat Pilates (at ANCHOR PARK)	Exercises for core strength, posture and spine health
7/14	TRX Circuit	Circuit training using TRX suspension straps
7/21	QiGong Movement	Gentle exercises for energy flow throughout the body
7/28	Power 50 (at ANCHOR PARK)	Intervals of cardio, weights and resistance bands
8/4	Pi-Yo	Rhythmic, dynamic core strengthening work-out
8/11	TRX Circuit	Circuit training using TRX suspension straps
8/18	QiGong Movement	Gentle exercises for energy flow throughout the body
8/25	Ripped Force	Interval training using the TRX Rip Trainer

ParkFit Wednesday

Hosted by Crossroads Sports & Fitness @ Women's Park

All classes are **FREE**

Time: 12:10-12:50pm

For more information call Crossroads Sports & Fitness: 442-6733

<u>DATE</u>	<u>CLASS</u>	<u>DESCRIPTION</u>
6/4	Power Flow Yoga	Power vinyasa flow
6/11	R.I.P.P.E.D	Resistance, Intervals, Power, Plyometrics, Endurance
6/18	Power Flow Yoga	Power vinyasa flow
6/25	CxWORX + Cardio	Functional core training mixed with interval cardio
7/2	Mat Pilates	Core, balance, alignment, strength & flexibility
7/9	Express Bootcamp	Total cardio conditioning in 40 minutes
7/16	Mat Pilates	Core, balance, alignment, strength & flexibility
7/23	Express Bootcamp	Total cardio conditioning in 40 minutes
7/30	Mat Pilates	Core, balance, alignment, strength & flexibility
8/6	Crossroads Zumba!	Familiar music, easy modern choreography, calorie burner!
8/13	Power Flow Yoga	Power vinyasa flow
8/20	Sports Conditioning	Cardio with sports specific exercises
8/27	Power Flow Yoga	Power vinyasa flow

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