

2018 SUMMER FITNESS CLASSES

** NO REGISTRATION ** NO FEE ** JUST SHOW UP ** **WAIVER IS REQUIRED** **

Classes will begin the week of June 4, 2018 and end the week of July 16, 2018.

| CLASS | LOCATION | INSTRUCTOR | TIME | DAYS | DESCRIPTION | NOTES |
|---|---|----------------|---------------|-------|--|--|
| CardioSculpt | Thelma Parker Center P. E. Room | Laurel Lingle | 9:00-9:45 AM | M,W | Through a combination of cardiovascular exercises (including step aerobics) and resistance training, CardioSculpt will provide a full-body workout for anyone looking to sculpt and tone. | This class will start on Wednesday, June 6th. This class will not be held on July 2nd or July 4th. Bring water and small towel. Exercise mat is optional. Wear comfortable clothes and athletic shoes. Parking is available between Madison Street Academy and Thelma Parker Center. Follow the signs to enter building. Contact: LaurelLingle@barrettlinerco.com |
| Hump Day Pump Day | Osceola Middle Track/Weight Room | Traci Collins | 6:15-7:15 PM | W | Join us for this mid-week sweat sesh that will build cardiovascular fitness while promoting muscular strength and endurance. | This class will not be held on July 4th. Bring water and exercise mat. <i>Please meet on the track.</i> Wear comfortable clothes and athletic shoes. Contact: Traci.Collins@marion.k12.fl. |
| Take it to the Next Level - Circuit Style | Forest High Track/S.E.L.F. Center | Traci Collins | 7:00-8:30 AM | T,Th | This class will use circuit training to provide a total body experience through a combination of toning, strengthening, and cardiovascular exercises. Modifiable for all fitness levels. | This class will not be held on July 3rd or July 5th. Bring water and exercise mat. Wear comfortable clothes and athletic shoes. <i>Please meet on the track.</i> Parking available in STUDENT PARKING LOT on west side of building. Contact: Traci.Collins@marion.k12.fl.us |
| Total Body Blast | Hillcrest Gym | Frances Brewer | 6:15-7:15 PM | T,Th | This total body class will help you blast your fitness goals by combining resistance training, cardiovascular routines, and core strengthening exercises. Suitable for all fitness levels. | This class will not be held on July 3rd or July 5th. Bring water, small towel, and exercise mat. Wear comfortable clothes and athletic shoes. Contact: Frances.Brewer@marion.k12.fl.us |
| Triple Threat | West Port High Cafeteria/Fitness Ctr | Lori Rath | 9:30-10:30 AM | M,T,W | This class will provide a triple threat by challenging your body with a different class each day. Monday - Cardio Kickboxing Tuesday - Cross Training Wednesday - Zumba | This class will not be held on June 11th, 12th, or 13th. This class will not be held on July 4th. Bring water and exercise mat for floor work. Wear comfortable clothes and athletic shoes. Please park in front of school and enter through front office. The cafeteria is in the center building (look for picnic tables). Contact: Lori.Rath@marion.k12.fl.us |
| Yoga | East District Office Bldg. 2 Room 14 | Megan Stone | 6:15-7:00 PM | M,W | This class will benefit both the mind and body through movements that promote strength, flexibility, endurance, and balance. | Bring water, small towel, and yoga mat. Contact: Megan.Stone2@marion.k12.fl.us |

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| Zumba | Marion Oaks Elem Music Room | Danielle Abraham | 9:00-10:00 AM | T,Th | Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party! | <p>This class will not be held on June 19th. Bring water and small towel. Please park in front of school and enter through front office. Contact: Danielle.Abraham@marion.k12.fl.us</p> |
| Zumba-Zumba Toning Combo | South Ocala Cafeteria | Angela Slagle | 9:00-10:30 AM | T,Th | Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party! This class will help you tone up "Zumba Style" by incorporating dance moves and the use of light weights. Participants will need to provide their own toning sticks or weights (1-3 lbs). | <p>Class will begin on Tuesday, June 12th. Bring water and small towel. Participants can choose to leave after the first hour or stay for the entire 90 minute class. Contact: Mary.Slagle@marion.k12.fl.us</p> |