

## 2019 Winter/Spring Fitness Classes

Registration *opens*: Tuesday, January 8, 2019 at 7:00 a.m.

Registration *closes*: Thursday, January 17, 2019 at 5:00 p.m.

**Register through the MCPS Desktop Portal** > Employee Resources > MCPS Wellness Registration

**Classes begin week of January 21, 2019 and end week of May 13, 2019**

**Note:** The # column indicates the maximum number of participants for the class. **There is a minimum of 15 participants in order for us to hold the class.**  
**If the class you want is full, please email the instructor to be placed on a waiting list.**

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Butts and Guts	Osceola Middle Weight Room	Traci Cook	4:15-5:15	T,Th	25	This butt kicking, gut wrenching class is designed to tone your core and sculpt your best assets. <b><i>The last 15 minutes of class will be reserved for those looking to improve their running skills.</i></b>
CardioDance	Hillcrest Gymnasium	Bess Gortemoller	5:30-6:30	T,Th	30	This class is a dance-based, cardio class designed to help you blast calories and "grove" your way to better health!
CardioSculpt	Thelma Parker Center P.E. Room	Laurel Lingle	4:00-4:45	M,W	25	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.
CardioTone	Dunnellon High School Bldg. 1 Media Center	Frances Brewer	4:30-5:30	T,Th	25	This class combines free-weight, body-weight and cardiovascular exercises to give a great total body workout for all fitness levels.

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Hit it Hard - Circuit Style	Osceola Middle Weight Room	Traci Cook	5:15-6:15	T,Th	25	This class will use circuit training to provide a total body experience through a combination of toning, strengthening and cardiovascular exercises.
Strength, Balance and Cardio	Forest High School Fitness Center	Ecliff Telford	4:30-5:30	M,W	25	This class will incorporate high repetition resistance training moves and cardiovascular exercise for a total-body workout.
Triple Threat	West Port High Cafeteria/Fitness Ctr	Lori Rath	4:15-5:15	M,T,W	35	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
Yoga	East District Office Bldg. 24	Megan Stone	5:15-6:15	M,W	30	This class will benefit both the mind and body through movements that promote strength, flexibility, endurance, and balance. Suitable for both beginner and intermediate levels.
YogaSculpt	College Park Elementary Music Room Bldg. 5 Room 9	Lori Kolb	4:00-5:00	T,Th	25	A full body workout, this class will combine the sculpting benefits of yoga with the strengthening benefits of resistance training.
Zumba	Marion Oaks Elementary Rotunda	Danielle Abraham	4:00-5:00	T,Th	30	Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-Inspired, calorie-burning dance fitness party!

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Zumba / Zumba Toning Combo -1	Howard Academy Cafeteria	Angela Slagle	4:15-5:45	T,Th	35	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).
Zumba / Zumba Toning Combo -2	Howard Academy Cafeteria	Angela Slagle	5:00-5:45	T,Th	35	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).