

## 2019 SUMMER FITNESS CLASSES

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

**Classes will begin the week of June 3, 2019 and end the week of July 15, 2019.**

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	DESCRIPTION	NOTES
CardioDance	8th Street/Osceola Cafeteria	Makita Blye - June Angela Slagle - July	9:30-11:00 AM	T,Th	This dance-based, fitness class is designed to help you blast calories and "grove" your way to better health! Through a combination of hip-hop, R&B, and latin moves, this class will provide a full-body workout.	<b>This class will start on June 6th.</b> <b>This class will not be held on July 4th.</b> Bring water and small towel. Toning sticks or 1-3 lb weights are optional. Participants can choose to leave after the first hour or stay for the entire 90 minute class. June Contact: mrsbgetsfit@outlook.com July Contact: Mary.Slagle@marion.k12.fl.us
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.	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
Take it to the Next Level - Circuit Style	Osceola Middle Track/Weight Room	Traci Cook	6:15-7:15 PM	T,W,Th	This class will use circuit training to provide a total body experience through a combination of toning, strengthening, and cardiovascular exercises.	<b>This class will not be held on June 6th, June 11th, June 12th, June 13th, June 25th, June 26th, June 27th, or July 4th.</b> Bring water and exercise mat. <i>Please meet on the track.</i> Wear comfortable clothes and athletic shoes. Contact: collinstraci3@gmail.com
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	<b>This class will not be held on July 8th, July 9th, or July 10th.</b> 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
YogaSculpt	East District Office Bldg. 24, Room 11	Lori Kolb	6:15-7:15 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: lori.kolb@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 start on June 11th.  This class will not be held on July 4th.</p> <p>Bring water and small towel.  Please park in front of school and enter through front office.  Contact: Danielle.Abraham@marion.k12.fl.us</p>