

2020 Winter/Spring Fitness Classes

Registration opens: Wednesday, January 8, 2020 at 7:00 a.m.

Registration closes: Thursday, January 16, 2020 at 5:00 p.m.

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

Classes begin week of January 20, 2020 and end week of May 11, 2020

Note: The # column indicates the maximum number of participants. **There is a minimum requirement of 15 participants for each class to be held.**

If the class you want is full, please email the instructor to be placed on a waiting list.

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
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	Melanie Martin	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.
Express Circuit Training	Osceola Middle Weight Room	Traci Cook	4:15-5:15	T,Th	25	This class will use circuit training to provide a total body experience through a combination of toning, strengthening and cardiovascular exercises. <i>The last 15 minutes of class will be reserved for those looking to improve their running skills.</i>
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.

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Total Body Toning #1	Forest High School Fitness Center	Shannon Marinacci	4:30-5:30	M,W	25	Designed for all fitness levels, this class will challenge you through a combination of cardiovascular exercise, strength training, and core work.
Total Body Toning #2	Saddlewood Elementary Music Room	Shannon Marinacci	3:45-4:45	T,Th	25	Designed for all fitness levels, this class will challenge you through a combination of cardiovascular exercise, strength training, and core work.
Triple Threat	West Port High Cafeteria/Fitness Ctr	Lori Rath	4:15-5:15	M,W,Th	35	This class will provide a triple threat by challenging your body with a different class each day. Monday - Cardio Kickboxing Wednesday - Zumba Thursday - Cross Training
Yoga #1	East District Office Bldg. 2, Room 14	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.
Yoga #2	Thelma Parker Center P.E. Room	Terry Schultz-Nourse	4:30-5:30	T,Th	30	This class will incorporate elements from variety of yoga traditions to promote flexibility, balance, strength, and relaxation. Suitable for both beginner and intermediate levels.
YogaSculpt	College Park Elementary Music Room Bldg. 5, Room 9	Lori Kolb	4:15-5:15	M,W	25	A full body workout, this class will combine the sculpting benefits of yoga with the strengthening benefits of resistance training.

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Zumba #1	Hammett Bowen Elementary	Hiromi Adams	3:45-4:45	M,W	30	Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-Inspired, calorie-burning dance fitness party!
Zumba #2	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!
Zumba / Zumba Toning Combo Full 90	Howard Academy Cafeteria	Angela Slagle	4:15-5:45	M,W	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 Express 45	Howard Academy Cafeteria	Angela Slagle	5:00-5:45	M,W	35	<i>Looking for an express workout? Join us for the second half of the full 90 minute class.</i> 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).