

2017-2018 FALL Fitness Classes

Registration *opens*: Tuesday, August 8, 2017 at 7:00 a.m.

Registration *closes*: Thursday, August 17, 2017 at 5:00 p.m.

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

Classes begin week of August 21, 2017 and end week of December 4, 2017.

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 Collins	4:15-5:00	T,Th	20	This butt kicking, gut wrenching class is designed to tone your core and sculpt your best assets.
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	Melanie Martin	4:30-5:30	T,Th	20	This class combines free-weight, body-weight and cardiovascular exercises to give a great total body workout for all fitness levels.
DanceFusion	Hillcrest Gym	Julie Moore	5:15-6:15	M,W,Th	35	This class works the entire body through a combination of super-fun dance moves and light resistance training. Get the fabulous feeling of dance, while reaping the benefits of strength and cardiovascular exercise!

CLASS	LOCATION	INSTRUCTOR	TIME	DAYS	#	DESCRIPTION
Hit it Hard - Circuit Style	Osceola Middle Weight Room	Traci Collins	5:15-6:00	T,Th	20	This class will use circuit training to provide a total body experience through a combination of toning, strengthening and cardiovascular exercises. Adaptable to all fitness levels.
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	Thelma Parker Center P.E. Room	Terry Schultz-Nourse	5:15-6:15	T,Th	25	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	3:30-4:30	T,Th	25	A full body workout, this class will combine the sculpting benefits of yoga with the strengthening benefits of resistance training.
Zumba	South Ocala Elementary Cafeteria	Angela Slagle	3:30-4:30	T,Th	40	Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-Inspired, calorie-burning dance fitness party!

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Zumba	Marion Oaks Elementary Room 146	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 Toning	South Ocala Elementary Art Room	Angela Slagle	4:30-5:30	T,Th	20	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).