

Woodbury Park and Rec Fitness Classes

Old Town Hall, 5 Mountain Road, Woodbury [203-263-3113](tel:203-263-3113)

Register at woodburyparksandrec.org

Cardio Kickboxing

Instructor: Tricia Brown

This high-energy interval workout challenges the **beginner** and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you would build lean muscle with this fun and challenging workout in a no judgement zone. The last 20 minutes of class will focus on full body conditioning and core work. Beginners to Advanced levels are welcome as the instructor will offer modifications to ALL participants. Bring a mat & water bottle.



Age: 14 years to adult

Times: Thursdays, 3:45-4:45pm

Session Two: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11 Snow date 4/25

Fee: \$65 for residents per session. \$75 for non-residents for 8 weeks Minimum 7 Participants

The 30/30 WORKOUT

Instructor: Tricia Brown



30 minutes of high intensity cardio intervals followed by 30 minutes of muscle conditioning using your own body weight. Come workout in a judgement free zone. All levels are welcome as modifications will be given.

Bring a mat and water bottle.

Age: Ages 14 to active older adult

Time: Mondays, 3:45 – 4:45pm

Dates: 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 (snow date 4/22, no class 4/15 or 2/18)

Fee: Introductory Special Pricing: Residents: \$65, Non-residents: \$75 for 8 weeks.

Minimum 8 participants

(Region 14 employees who are non-residents, call Jenifer Miller @Woodbury Park & Rec to get resident rate: [203-263-3113](tel:203-263-3113). You must register at least 5 days in advance to get the discount.)