

Woodbury Park and Rec Fitness Classes-Winter to Spring

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

Register at woodburyparksandrec.org

(Region 14 employees who are non-residents, contact Jenifer Miller @Woodbury Park & Rec to get resident rate: [203-263-3113](tel:203-263-3113) or e-mail jmiller@woodburyct.org)

The 30/30 Workout This class consists of 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.**

*Please bring your own mat, and a water bottle.

Instructor: Tricia Brown

Age: Ages 14 to active older adult

Time: Mondays, 3:30 – 4:30

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

Spring Session: 4/29, 5/6, 5/13, 5/20, 6/3, 6/10 (no class: 5/27)

Fee: Residents and Region 14 employees: \$65, Non-residents: \$75.



Cardio Kickboxing•

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. **ALL levels are welcome as modifications will be given.** Please bring a mat and water bottle.

Age: 14 years to adult

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

Dates: **Winter session** 3/7, 3/14, 3/21, 3/28, 4/4, 4/11 Snow date 4/25

Spring Session: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

Fee: Residents and Region 14 employees: \$65, Non-residents: \$75.

