

## Woodbury Park and Rec Fitness Classes- SPRING & SUMMER

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

Register at [woodburyparksandrec.org](http://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](mailto: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, 3:45 – 4:45

**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.

Instructor: Tricia Brown

**Age:** 14 years to adult

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

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

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



## **NEW SUMMER CLASS: Cardio Muscle MIX!**

A cardio and muscle endurance class designed to challenge the entire body. All levels are welcome as modifications will be given. Bring a MAT and Water bottle and a desire to commit to fitness!

**FREE Trial Class on Wednesday, June 26<sup>th</sup> 9:15am!** You must register in order to attend

Instructor: Tricia Brown

**Age:** Ages 14 to active older adult

**Time:** Wednesdays, 9:15 - 10:15 AM

**Dates:** 7/3, 7/10, 7/24, 7/31, 8/7, 8/14 ( no class 7/17)

**Fee:** Residents: \$65, Non-residents: \$75 for 6 weeks.