

ADULT PROGRAMS

Cardio Kick Boxing (8 weeks 2x p/wk)

Starting April 6th through May 27th

\$40 p/ person

Tuesday & Thursday starting at 5:30-6:30 pm

Instructed by: **Personal Trainer** Peter O'Hara

Cardio kickboxing is a cardiovascular workout that is a mixture of boxing, martial arts, and aerobics. This class will be formed with traditional movements including kicks, punches, and other movements that relate to martial arts. Competitive kickboxing involves physical contact with an opponent. The Rec Center's cardio kickboxing class involves no physical contact and was designed to achieve a fit, healthy body.

Men's 3-On-3 Basket Ball

Mondays starting at 7:00 pm

Tuesday April 6TH

35 Years and Older

\$100 p/ Team

You must have your own team to be in this league and it is on a first come, first serve basis. Sign up as soon as possible. For more information call Mike D. at the recreation center. (617) 394-2381

Adult Co-Ed Basket Ball League

Thursdays starting at 7:00 pm

Starting on April 8th (Ten Weeks)

Only open to City of Everett Employees

\$100 p/ team

This co-ed league is on a first come, first serve basis. Only six teams will be formed. For more information call Mike D. at the recreation center. (617) 394-2381

Pilates (8 weeks 2x p/wk) **(Being Held at the Parlin Library)**

Monday & Wednesdays starting at 7:00-8:00 pm

Starting April 21st through June 23rd (Off on Memorial Day)

\$40 p/ person (16 sessions)

Instructed by: **Personal Trainer** Peter O'Hara

Pilates is a floor-based class aimed at improving flexibility and strength using your own body weight. The series of positions and holds used through out the program will help increase strength in your core and improve balance. This class is great for beginners and athletes trying to improve their performance. 4/26, 5/24, 5/31 will be skipped. Bring your own yoga mat and bottled water.

Pump it up!

Mondays from 9:30-10:30 am

Starting April 5th through June 7th

Free to the public

Instructed by **Personal Trainer** Sam Amado & **Recreation Leader** Elaine Allen

Pump It! is a dumbbell-based class that will work the major muscle groups of the body. This class will help you achieve muscular endurance and flexibility. **Pump it!** is a great class for beginners or as an addition to your existing routine.