

FAMILY PROGRAMS

Spring into Summer Boot Camp (8 weeks 2x p/wk)

Ages 12 and up (If a minor must be approved by a parent/ guardian)

Starting April 5th through May 26th

\$35 p/ person

Monday & Wednesdays starting at 6:00-7:00 pm

Instructed by: **Personal Trainer** Sam Amado

Spring into Summer Boot Camp

Ready to challenge yourself? Need to do it at your own pace? Well this boot camp is the perfect way to do it. These exercises are designed to get the blood flowing and the sweat pouring. Using a variety tools including dumbbells, resistance bands and your own body weight will keep this class fun for all ages!

Zumba (6 week cycle in progress)

Wednesdays from 5:00-6:00 pm

Starting March 10th through April 14th

Instructed by **Zumba Instructor** Sandra Lisboa

Zumba (8 week cycle in progress)

Wednesdays from 5:00-6:00 pm

Starting May 5th through June 23rd

\$40 p/ person

Instructed by **Zumba Instructor** Sandra Lisboa

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!