

PILATES, ZUMBA AND YOGA CLASSES

The Township is in partnership with Cornerstone Fitness & Spa located at the Health & Wellness Center on Shetland Drive and Easton Road just across the street from the Warrington Township Building. By partnering with Cornerstone, the Township will be able to expand its offerings in fitness and wellness. This summer, for example, we will be offering Pilates, Zumba, and Yoga classes. This fall we will be sponsoring a 5K training program and a fitness boot camp.

6-week session @ \$89 per session, starting the week of July 11, 2011. Classes will be held at the CORNERSTONE FITNESS & SPA located at the Health & Wellness Center, Shetland Drive and RT 611, Warrington, PA. Phone # 215-918-5900.

Zumba - Thursdays at 5:30pm or Saturdays at 9:30am

Zumba Gold - just for those 55 and older - Thursdays at 11am

Pilates Mat - Saturdays at 10:30am

Pilates Mat Express – Mondays at 6:00pm or Thursdays at 8:30am

Pilates Plus - Fridays at 10:30am

Hatha Yoga and Meditation - Saturdays at 11am

Locker rooms and showers are available. Childcare for children 6 and under is available in Cornerstone's playroom and is included in the price.

Pilates Mat (60 min.) - a total body workout that stretches and strengthens core musculature as well as the back, hips, thighs and gluteals. Small apparatus, such as rings and balls, may also be utilized. Pilates Mat Express is a 45-minute express version of the traditional mat workout.

Pilates Plus (60 min.) - A mat Pilates class with the added bonus of small apparatus use and coaching: in addition to stability balls and rings, Bosu trainers, Pilates balls, and light hand weights will be used to enhance your mat practice. Prior Pilates mat experience is required.

Zumba (60 min.) – This class combines high energy, international music with fun and easy to do moves and combinations that let you dance your worries away. Ditch the workout and join the Zumba party!

Zumba Gold (60 min.) – A slower, easier version of a traditional Zumba class, specifically designed for participants age 55 and older. A great way to have fun and get a good workout!

Hatha Yoga and Meditation (75 min.) – In this Yoga class, you will focus on learning and practicing basic movements, breathing techniques and relaxation. Learn how to channel your energy and enjoy the relaxing benefits of meditation. Appropriate for all levels.

REGISTER: on-line to www.warringtonrec.com INFORMATION: Warrington Twp., Parks & Recreation, 852 Easton Rd., Warrington, PA 18976