SALEM RECREATION
VIRTUAL TOWN SHARE CLASSES

Keep Moving SUMMER

SUMMER 2022 FITNESS CLASSES

PERSONAL EUPHORIA
Keep Moving

SUMMER FITNESS SCHEDULE

KEEP MOVING

MONDAY

JULY 11 - AUGUST 29
BARRE 5:45-6:30PM ALLISON
$48

TUESDAY

JULY 12 - AUGUST 30
PILATES 6-6:45PM ROB
$48

WEDNESDAY

JULY 13 - AUGUST 17
HIGH INTERVAL TRAINING 7:45-8:30AM MAGGIE
$36

JULY 13 - AUGUST 31
CORE STRENGTH 9-9:45AM ALLISON
$48

THURSDAY

JULY 14 - SEPTEMBER 1
CORE STRENGTH 6-6:45PM ROB
$48

MEDITATION 7-7:30PM RACHEL
$40

PERSONAL
EUPHORIA
Keep Moving

salemct.gov/recreation/personal-euphoria-registration

CLASS DESCRIPTIONS

PERSONAL EUPHORIA
Keep Moving

www.PersonalEuphoria.com

BARRE

Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please bring water, a mat, 2-3 and 5-8 pound hand weights, and 9 inch ball and resistance loop resistance bands are recommended as well.

CORE STRENGTH

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

HIGH INTERVAL TRAINING

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

PILATES

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

MEDITATION

End your day with a quiet sense of calm. During this class, you will explore a variety of breathing practices combined with meditation to settle and focus the mind. We will use positive affirmations, mantra and the chakra system to tune in and work towards aligning with peace and balance.