



KEEP MOVING

Spring Fitness Schedule

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www.salemct.gov/recreation/regform



PERSONAL
EUPHORIA

— Keep Moving —

SPRING FITNESS SCHEDULE

KEEP MOVING

MONDAY

APRIL 5 - JUNE 21 (NO 5/31)

FULL BODY REFRESH 8-8:45AM MAGGIE

BARRE 5:45-6:30PM ALLISON

11 weeks - \$66

TUESDAY

APRIL 6 - JUNE 22

PILATES 6-6:45PM ROB

12 weeks - \$72

WEDNESDAY

APRIL 7 - JUNE 23

HIGH INTERVAL TRAINING 7:45-8:30AM MAGGIE

TIGHTEN & TONE 5:45-6:30PM ALLISON

12 weeks - \$72

THURSDAY

APRIL 8 - JUNE 24

CORE STRENGTH 6-6:45PM ROB

12 weeks - \$72



PERSONAL
EUPHORIA

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CLASS DESCRIPTIONS



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, and 1-2 pound hand weights.

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.

FULL BODY REFRESH

This gentle, yet invigorating class, is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. Moves are done standing, sitting, and lying down. We move all your parts from your head to your toes in ways that feel so good you won't want to stop, and we stimulate the muscles, tendons, and fascia (connective tissue) so every part of you is ready to start the week. We work to sync your breathing with each move. You'll be glad you tuned in! Please bring a mat.



CLASS DESCRIPTIONS



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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.

TIGHTEN & TONE

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please bring a mat, a blanket, and 2-3 lb. weights.

