

Adult Fitness & Wellness Programs

Summer 2017

Bootcamp: A total body-cardio and strength workout. Sprints, plyometric, ladder drills, and strength training. All are welcome; go at your own pace. **Wednesdays & Fridays at 7:30am at Old Landing Park. \$50/ 8 class pass, \$10/drop-in.**



Pilates: Core and flexibility training wrapped into one hour. Improve your flexibility, gain core strength, and overall body tone. **Mondays 8am at Old Landing Park, Wednesdays at 6:30pm and Saturdays 10am at Oyster River Middle School (MPR). \$50/8 class pass, \$10/drop-in.**

Strength & Stretch: A total body strength training class that will hit all of the major muscle groups. **Wednesdays & Fridays at 8:30am at Old Landing Park. \$50/ 8 class pass, \$10/drop-in.**



Zumba: A dynamic, easy to follow, cardio-dance fitness class. This is a party in a workout, complete with a variety of music to get you up and moving. All are welcome, just jump in and join the party! **Mondays & Wednesdays 5:30pm and Saturdays 9am at Oyster River Middle School (MPR). \$50/8 class pass, \$10/ drop-in.**

Please Note: Bootcamp, Pilates and Strength & Stretch classes will move indoors to the Durham Parks & Rec. Building during inclement weather.

Tai Chi, Advanced:

Suited for individuals who have Tai Chi experience. Participants will work on the 24 form, tai chi fan, a stick form and qigong exercises. **Fridays at 4:30pm at the Parks & Rec. building. \$50/person (6 classes) or \$10/drop-in.**



Tai Chi, Beginner:

This class will combine Tai Ji Quan: Moving for Better Balance with traditional tai chi and qigong exercises. Slow gentle movements focus on strength and balance. Suitable for beginners. **Tuesdays & Thursdays, 9am at the Parks & Rec. \$120/person (16 classes) or \$10/drop-in.**

Yoga:

All levels are welcome! Come check us out, your first class is free! Our certified Yoga teachers are sensitive to creating an environment that is flexible and accommodates all levels. **Classes take place Mondays (6am & 5pm), Tuesdays (7:15pm) & Thursdays (7:30am) at the Parks & Rec. building. \$40 per 8-week session. \$10 /drop-in.**



Pick-up Pickleball: This is a low-impact doubles racket sport that blends tennis, badminton and ping pong. Pick-up style play for all levels and abilities. All equipment provided. **Tuesday, Wednesday & Thursday evenings from 6-8pm at Churchill Rink at Jackson's Landing. Participation is FREE.**