



Fitness Programs

PRE-REGISTRATION REQUIRED

(Register online @ www.ci.norwalk.ia.us, Parks and Recreation office, or by mail)

We offer a variety of fitness classes so you can choose the one that's right for you.

- 1) **Step Bench Aerobics:** Step into a great workout with low impact, high-energy aerobic routines set to music. Participants use a step bench to help increase the heart rate. The bench is provided and you may bring hand held weights to increase intensity and improve muscle tone. Mary Jane Sharp is the instructor. Min/Max: 10/30
- 2) **Early Bird Workout:** For those of you who get up with the chickens, come join this early morning class that will work on ultimate body sculpting, Pilate's, and Chico Metrics. This class is designed to maximize core strength, firm and tone your butt, thighs and arms. This class will use dumbbells and dynabands that will put you to the test with added intensity. Mary Jane Sharp is the instructor. Min/Max:10/20
- 3) **Circuit Sensation:** Are you ready for this new workout that is athletic intense and more fun than a three-ring circus? Using the motivational power of teamwork and competition in combination with the balance challenges presented by the bosu balance workout, you will discover how to change ordinary circuit workouts into extraordinary workouts. The class will also use jump ropes, medicine balls, mini hurdles and weighted bars. Mary Jane Sharp is the instructor. Min/Max: 10/20
- 4) **Yoga:** Yoga is for everyone! It increases strength, flexibility, and balance for both body and mind. Regular yoga practice can help to improve circulation, digestion and posture, stimulate the immune system, decrease stress level, boost self-esteem and create a sense of calmness and well being. Please bring your own mat, towel & water. Come in with an open mind and open heart. Bethanie Lafferty is the instructor. Min/Max: 10/20
- 5) **Zumba:** Zumba is a fusion of Latin and International music and dance themes that create a dynamic, exciting, and effective workout system. It combines fitness and fun, using almost every muscle of the body as you shimmy, shake and stomp your way fit. Marsha Mapes is the instructor. Min/Max: 8/30
- 6) **BootCamp:** 3-2-1..GO! Are you ready to really kick your fitness into high gear? Join this class for challenging workouts that have the ability to push your limits or simply give you more variety. The intensity is up to you! Needed items to bring: 5' - 1" PVC pipe(stretching tool), 1 baseball, jump rope,water & towel. Angie Starmer a CrossFit Coach is the instructor. Min/Max: 10/20
- 7) **Kettlebells 101:** Come and learn why Kettle Bells are one of the most versatile weightlifting training tools! Will train you on proper form and technique when using this apparatus. You will learn various movements such as traditional Swin, Goblet Squat, Clean & Jerks, Presses and others. The major emphasis of this class will focus on technique to ensure safety while training alone, however, you will not leave without a sweat. For this class you will need to bring your own Kettle bell. Angie Starmer is the instructor. Min/Max: 10/25

Day	Time	Class	Class Dates	Registration Dates
Mon & Wed	6:15 to 7:15pm	Step Bench	Apr 9 to May 23	Mar 26 to Apr 6
Wed	7:30 to 8:15pm	Circuit	Apr 11 to May 23	Mar 26 to Apr 6
Tues & Thur	5:30 to 6:15am	Early Bird	Apr 10 to May 24	Mar 26 to Apr 6
Mon	7:30 to 8:30pm	Yoga	Apr 9 to May 21	Mar 26 to Apr 6
Tues & Thur	6:15 to 7:15pm	Zumba	Apr 10 to May 24	Mar 26 to Apr 6
Tues & Thur	7:30 to 8:30pm	BootCamp	Apr 10 to May 24	Mar 26 to Apr 6
Mon or Wed	7:30 to 8:30pm	Kettlebells	coming soon	coming soon

Information

Cost: varies per class (see back)

Location: Step, Circuit, Yoga, Zumba, Kettlebell & Bootcamp @ Oviatt Multipurpose room (Door #16)

Early Bird @ Norwalk Easter Public Library



TURN OVER TO FILL OUT REGISTRATION INFORMATION

Norwalk Parks and Recreation Registration Form

Individual Information:

Name: First MI Last

Address:

City,State,Zip: IA

Daytime Phone #: Type:

Evening Phone #: Type:

Cell Phone #: Preference:

Email Address

Please place an "x" by the programs you will be attending and add the total at bottom:

			Resident	Non-resident
<input type="checkbox"/>	Monday	Yoga	40.25	46.30
<input type="checkbox"/>	Monday	Step Bench Aerobics	24.50	28.20
<input type="checkbox"/>	Tuesday	Early Bird	24.50	28.20
<input type="checkbox"/>	Wednesday	Step Bench Aerobics	24.50	28.20
<input type="checkbox"/>	Wednesday	Circuit	24.50	28.20
<input type="checkbox"/>	Thursday	Early Bird	24.50	28.20
<input type="checkbox"/>	Tues/Thurs	Zumba	128.80	148.15
<input type="checkbox"/>	Tues or Thur	Zumba (1 class/week - circle)	73.50	84.55
<input type="checkbox"/>	Mon or Wed	Kettle Bells	36.00	41.40
<input type="checkbox"/>	Tues/Thurs	BootCamp	66.50	76.50
Total			\$	\$

Activity Information:

Program Registration Fee Late Fee

Financial Assistance Donation:

This program is intended to open up participation opportunities for Norwalk area children by reducing financial obstacles for those who may not be participating because they cannot afford to pay the registration fees.

Would you like to contribute \$1.00 (or more) to this program? Yes _____ No Thank You
(if yes, please add your donation to the registration fee - and THANK YOU!)

Additional Comments/Medical conditions (if any):

FOR OFFICE USE ONLY:

PAID _____ CK# _____ CASH _____ By: _____
 Credit Card _____ Number _____ Expires _____