

REGISTER BY JANUARY 5

2022

# winter

## ADULT FITNESS

FEE:  
**\$50** **\$75**  
Resident Non-Resident

### ABS AND MORE

Fee  
\$35R/\$50NR

This 30 minute core class will focus on strengthening the muscles in your abdominals and back, and will help improve stability and good posture.

Location: Grafton Bethel Elementary School Gym  
Instructor: S. Moore

Day	Dates	Time
Monday	1/10-3/21	5:30-6:00 pm



### HI/LO COMBO

This class incorporates high and low intensity workouts using "Exer-tubes," "Dyna-bands," and hand weights to work on strengthening, toning, and sculpting the body.

Location: Grafton Bethel Elementary School Gym  
Instructor: S. Moore

Day	Dates	Time
Monday	1/10-3/21	6:00-7:00 pm

### CARDIO COMBO

This high-energy workout incorporates 15 minutes of step, 15 minutes hi/low, and 30 minutes of toning with weights, bands and bars.

Location: Grafton Bethel Elementary School Gym  
Instructor: S. Moore

Day	Dates	Time
Wednesday	1/12-3/23	6:00-7:00 pm



### YOGA

A complimentary approach to yoga for people who are looking for a non-threatening introduction to this ancient health practice. Each class is taught with modifications for different flexibility and fitness levels.

Location: Grafton Bethel Elementary School Gym  
Instructor: S. Moore

Day	Dates	Time
Monday	1/10-3/21	7:00-8:00 pm
Wednesday	1/12-3/23	7:00-8:00 pm

### STRENGTH TRAINING

A head to toe strength and fitness class using weights, body bars, and bands for a fullbody workout.

Location: Grafton Bethel Elementary School Gym  
Instructor: S. Moore

Day	Date	Time
Thursday	1/13-3/24	5:30-6:30 pm
Saturday	1/15-3/26	10:00-11:00 am



### ZUMBA

A blend of Latin and international music to create a fun and effective cardio workout. This class is designed to utilize the interval format and combines various rhythms with movement that help tone and sculpt the body.

Location: Grafton Bethel Elementary School Gym  
Instructor: P. Montalvo

Day	Date	Time
Thursday	1/13-3/24	6:30-7:30 pm

Note: Fitness class registrants should consult a physician before participation.

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R= RESIDENT NR = NON-RESIDENT

Programs are subject to be modified to meet state and CDC guidelines to ensure we recreate responsibly.

