

ADULT FITNESS

Winter 2020
Instructional Classes



This high-intensity class incorporates endurance training and strength training for an overall body workout. For all fitness levels.

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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010C2	Adult	W	6:00-7:00pm	1/8-3/25	\$40	\$65



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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010A2	Adult	M	7:00-8:00pm	1/6-3/23	\$40	\$65
322010C3	Adult	W	7:00-8:00pm	1/8-3/25	\$40	\$65



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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010A1	Adult	M	6:00-7:00pm	1/6-3/23	\$40	\$65



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

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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D6	Adult	Th	5:30-6:30pm	1/9-3/26	\$40	\$65
322010F2	Adult	Sa	10:00-11:00am	1/11-3/28	\$40	\$65



Although the primary focus of this class is Yoga, we will incorporate Tai chi, Qigong, or meditation as well. These ancient arts compliment each other bringing overall wellness with many health benefits including decreased stress and improved flexibility for the mind and body. The class emphasizes linking the breath to movement, encouraging a meditation in motion through a steady and consistent flow from pose to pose, and helping you feel more balanced, grounded as well as refreshed. Open to all levels.

Location: Seaford Elementary School Dance Room
Instructor: N. Geary

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D1	Adult	Th	6:00-7:00pm	1/9-3/26	\$40	\$65



(HIIT: High Intensity Interval Training)
Participants will get Zumba/Dance fitness but also a little kickboxing and Tabata interval training. 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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D4	Adult	Th	6:30-7:30pm	1/9-3/26	\$40	\$65

REGISTRATION

Register NOW! Registration begins December 23. All classes require an additional \$25 charge for non-county residents. Note: Fitness class registrants should consult a physician before participation.

Classes are held at Grafton Bethel Elementary School gym, 410 Lakeside Drive, Grafton, VA 23692 or Seaford Elementary School dance room, 1105 Seaford Road, Seaford, VA 23696.

Classes must meet minimum enrollment. If a class is canceled, registrants will be notified and given the option of receiving a full refund or signing up for another class.



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