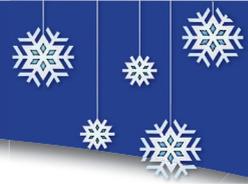


ADULT FITNESS



Fitness class registrants should consult a physician before participation. Classes are held at Grafton Bethel Elementary School Gym, 410 Lakeside Drive, Grafton, 23692 or Seaford Elementary School Danceroom, 1105 Seaford Road, 23696. Classes start week of January 9th (12 Weeks)

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 Elem. School Gym
Instructor: S. Moore

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010A1	Adult	M	6:00-7:00pm	1/9-3/27	\$35	\$45

INTERVAL TRAINING

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

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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010C3	Adult	W	6:00-7:00pm	1/11-3/29	\$35	\$45

STRENGTH TRAINING

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

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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D6	Adult	Th	5:30-6:30pm	1/12-3/30	\$35	\$45
322010F2	Adult	Sa	10:00-11:00am	1/14-4/1	\$35	\$45

YOGA

A contemporary 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 Elem. School Gym
Instructor: S. Moore

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010A2	Adult	M	7:00-8:00pm	1/9-3/27	\$35	\$45
322010C2	Adult	W	7:00-8:00pm	1/11-3/29	\$35	\$45

YOGA-TAI CHI FUSION

Combining Yoga and Tai Chi together makes a great complimentary pair with gentle and rhythmic body movements. The two ancient arts can help bring overall wellness with health benefits such as arthritis relief, decreased stress and improved flexibility. This class will help you feel more balanced, energized and refreshed. Open to all levels.

Location: Seaford Elem. Dance Room
Instructor: N. Geary

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D1	Adult	Th	6:00-7:00pm	1/12-3/30	\$35	\$45

ZUMBA

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

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

Activity #	Ages	Day	Time	Date	Fee	NR Fee
322010D4	Adult	Th	6:30-7:30pm	1/12-3/30	\$35	\$45