

Adult Fitness

Presented by Clarkston Community Education

STRONG by Zumba

This is for fitness enthusiasts looking for a more challenging, high intensity interval training workout. With most workout programs music is an afterthought. The music in STRONG was crafted to drive the intensity in a challenging progression that provides a total body workout. STRONG by Zumba uses the HITTZ program. This tempo driven class will challenge your muscles and cardio system to find power, strength, speed, stamina, and mobility. You do not need to have dancing experience or any Zumba experience for this class. We encourage everyone to come out! Instructor: Patty Hester

AF17-F14 8 sessions • Thursdays, Sept 21–Nov 9 • 7:00- 7:45pm • \$75
Clarkston Community Education Center, Cafeteria

POUND Rockout Workout

POUND is the fastest growing group fitness format in the world! Recently it was seen on the Today Show, The Doctors, Extra and, 4 NBC. It has also been featured in SHAPE magazine, Instyle, ELLE, Glamour, Self, Los Angeles Times, New York Times, Vital Juice and Fitness. This full body workout is a mix between workout exercises and drumming to amazing music to relieve stress. Participants will use ¼ lb Rip Stix designed to get you ripped while burning up to 900 calories per class! No experience is necessary. ALL levels of fitness will fall in love with this fun addictive workout. Bring a mat and plenty of water! *Personal Rip Stix are available to purchase for \$20 payable directly to the instructor. Instructor: Patty Hester

AF17-F8 8 sessions • Tuesdays, Sept 19- Nov 14 (no class Oct. 31) • 7:00- 8:00pm • \$75
Clarkston Community Education Center, Cafeteria

REFIT Revolution

This program is designed to create community through shared experience of fitness. At the "People's Pace" cardio, balance, flexibility, toning, and modifications for all levels are ALWAYS occurring. This is a fitness experience that changes people from the inside out, and is accomplished by focusing on the heart as a muscle AND soul. Our workouts are designed for everyone regardless of age, shape, or ability. REFIT creates a powerful, uplifting fitness experience that last well beyond the workout. This class combines several elements of fitness into one hour. While the focus is structured around Cardio Dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

This is a one size fits all! Based on the 3M Approach: Movement + Music +More. Instructor: Patty Hester

AF17-F12 8 sessions • Wednesdays, Sept 27- Nov 15 • 7:00- 8:00pm • \$60

Clarkston Community Education Center, Cafeteria

Visit www.itprs.org or call 248-623-4326 Ext 1 to register

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Pilates Plus

A full body, core targeted, fat burning workout to fun and upbeat music using balls, bands, weights, and the wall. This class will strengthen and tone your body, burn fat, improve endurance, and jump start your metabolism. Instructor: Cynthia Bass

AF17-F18 8 sessions • Saturdays, Sept 30- Nov 18 • 9:00- 9:45am • \$79
Clarkston Community Education Center, Fitness

Core Conditioning

The Core Conditioning class combines Yoga, Pilates, and light weights to provide an all over workout, concentrating on strengthening the core. Bring a mat, a towel, light weights and a water bottle to class. Dress comfortably, this workout can be done in good shoes, socks or even barefoot. Instructor: Tina Green

AF17-F2 12 sessions • Mondays, Sept 11- Nov 27 • 6:30- 7:30pm • \$75

Clarkston Community Education Center, Cafeteria

Ballet Body

This Ballet inspired workout uses resistive elongation techniques, isometrics, and eccentric muscle contraction lengthening with lean muscle mass development while improving your balance, flexibility, and range of motion. No prior dance experience necessary. *Special take both Ballet Body and Adult Beginning Tap Dance for just \$125! Instructor: Cynthia Bass

AF17-F4 8 sessions • Mondays, Sept 25- Nov 13 • 7:15- 8:00pm • \$79
Clarkston Community Education Center, Fitness Room

Adult Beginning Tap Dance

"Shuffle" off those exercise blues and learn something fun! Tap vocabulary, rhythmic timing, improvisation and tap choreography are taught. Tap shoes required. *Special take both Ballet Body and Adult Beginning Tap Dance for just \$125! Instructor: Cynthia Bass

AF17-F6 8 sessions • Mondays, Sept 25- Nov 13 • 8:00- 8:45pm • \$79 *
Clarkston Community Education Center, Fitness Room

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