

BERLIN PARKS AND RECREATION DEPARTMENT

presents

Personal Euphoria Virtual Fitness classes – all classes will be taught through Zoom, by trained, certified instructors from Personal Euphoria. All classes for ages 18 and older.

BARRE - Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please have a water bottle, a mat, and 1-2 lb. hand weights. Barre class will be taught by Allison on Monday's from January 11-March 22 (no class January 18, February 15) from 5:45-6:30 p.m. Fee is \$72 for residents and \$82 for non-residents **Program #434301A**

TIGHTEN & TONE – Get the endorphins flowing in Tighten & Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please have a mat, a blanket and 2-3 lb. weights. Tighten & Tone class will be taught by Allison on Wednesday's from January 13-March 24 from 5:45-6:30 p.m. Fee is \$88 for residents and \$98 for non-residents **Program #434301B**

CORE STRENGTH – This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Please have a yoga mat, water bottle and light weights. Core Strength class will be taught by Rob on Thursday's from January 14-March 25 from 6-6:45 p.m. Fee is \$88 for residents and \$98 for non-residents **Program #434301C**

The Berlin Parks and Recreation Department is accepting registration on-line through our WebTrac registration system starting November 16 for residents and November 23 for non-residents for these classes. *Registration forms can be obtained on the town's website www.town.berlin.ct.us to mail in or call the office at 860-828-7009 to schedule an appointment to come in to register. Once you register you will be sent a link to sign a waiver through Personal Euphoria. You must sign the waiver to complete your registration. Check the Personal Euphoria site for more class offerings.*