

**Bootcamp, Zumba, Adult Tap, Cardio Step, & Gliding  
Classes—To register visit our website at: [www.ptarc.org](http://www.ptarc.org)**

**ZUMBA FITNESS** Ages 14 & up

ZUMBA Fitness is a fun, easy-to-follow, calorie burning dance party for any fitness level. Routines feature dance and fitness moves to a combination of fast and slow rhythms from around the world. Join us as we take the "work" out of "workout"!

**Instructor: Heide Hedding**

**Location: McCullough Elementary**

**Time: Mondays, 6:30-7:30 pm**

**1st session: January 6-March 9 ( no class 1/20 & 2/17)**

**Fee: PTSD Residents \$45, Non-Residents \$53**



**ADULT TAP FOR FUN & FITNESS** Ages 15 & up

Stomp away stress while slimming down your thighs, as well as improving coordination for both guys & gals! Twenty minutes of dancing increases your heart rate equal to low impact aerobics. Relaxed pace highlighting basic steps and combinations to music. Hard shoes required, tap shoes recommended.

**Instructor: Ms. Jolene-Janet's School of Dance Instructor**

**Location: PT Ambulance**

**Time: Fridays, 7:00-7:45 pm**

**1st session: January 24-February 28**

**Fee: PTSD Residents \$29, Non-Residents \$37**



**ZUMBA!** Ages 14 & up

You have 8 weeks to party yourself into shape! Now you're thinkin' Zumba! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. For the beginner or intermediate, this class is fun fitness for everyone!

**Instructor: Charlotte Hartman**

**Location: PT Ambulance**

**Time: Tuesdays, 6:30-7:30 pm**

**1st session: January 7-February 25**

**Fee: Residents \$44, Non-Residents \$52**



**CARDIO STEP & TONE** Ages 18 & up

Step Aerobics is an energizing workout that burns more calories than traditional aerobics with particular emphasis on hips, thighs, abs and butt. Class will incorporate weights and an exercise ball for muscle conditioning. PLEASE BRING A STEP PLATFORM, 5"-7" small exercise ball and a set of HAND WEIGHTS TO CLASS.

**Instructor: Cindy Karazsia**

**Location: PT Municipal Building Comm. Room**

**Time: Wednesdays, 10:30-11:30 am**

**1st session: January 8-February 12**

**Fee: PTSD Residents \$29, Non-Residents \$37**

**GET FIT BOOT CAMP** Ages 18 & up

Keep your body guessing and challenge yourself differently each class. Workouts are designed for all fitness levels and will use a variety of gym equipment in addition to other exercises. Improve your overall fitness by working at your pace and having fun!

**Instructors: Heide & Justin Hedding**

**Location: PTHS Fitness Center**

**Time: Thursdays, 6:30-7:30 pm**

**1st session: January 9-February 13**

**Fee: PTSD Residents \$34, Non-Residents \$42**

**GLIDE-TONE-STRETCH ALL-IN-ONE**

**Ages 18 & up**

These exercises help you firm, tone, and build long, lean muscles. There will be a 1/2 hour of gliding with cardio and a 1/2 hour of sculpting with weights. Gliding discs are provided. You choose the weight you feel comfortable with. Bring a mat, weights, and water bottle.

**Instructor: Cathy Sudo**

**Location: McCullough Elementary**

**Time: Wednesdays, 6:00-7:00 pm**

**6 weeks: January 15-February 19**

**Fee: PTSD Residents \$24, Non-Residents \$32**