

**ZUMBA, ADULT TAP, CARDIO STEP, AQUA ZUMBA, AND
 PILATES LITE**

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

8 Weeks: March 23-May 18 (no 4/13)

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 Center

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

6 Weeks: March 13-April 24 (no 4/10)

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 Center

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

8 Weeks: March 10-April 28

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

6 Weeks: February 26-April 1

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

AQUA ZUMBA Ages 18 & up

Splash your way into shape with an invigorating, low-impact aquatic exercise program.

Instructor: Heather Johnson

Location: Penn Trafford High School Pool

Time: Tuesdays, 8:00-9:00 pm OR

Thursdays, 8:00-9:00 pm

8 Weeks: March 10-May 5 (no 4/14) OR

March 5-April 30 (no 4/9)

Fee: PTSD Residents \$49, Non-Residents \$57

PILATES LITE Ages 50 & up

An easier, gentler beginner class to help you learn how to gain core strength, accentuate your posture, improve your balance and agility. Please bring a mat & water bottle.

Instructor: Midge Culig

Location: Penn Township Municipal Building

Time: Tuesdays, 9:00-10:00 am OR

Thursdays, 9:00-10:00 am

6 weeks: February 27-April 2

Fee: PTSD Residents \$20

Non-Residents \$27

