

**Bootcamp, Cardio Step, Zumba, Zumba Fitness, Adult Tap,
& Golden Walkfit—To register visit our website at: 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 School

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

1st 6 week session: Sept. 16-Oct. 21

OR

2nd 6 week session: Oct. 28-Dec. 16

(no 11/11 & 12/2)

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



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: Friday, 7:00-7:45 pm

1st 6 week session:

September 13-October 18 OR

2nd 6 week session:

October 25-December 6 (no 11/29)

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



ZUMBA! Ages 14 & up

Ready 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!

Location: Penn Township Ambulance

Instructor: Charlotte Hartman

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

1st session:: September 10-October 15

OR

2nd session: October 29-December 3

**Fee: Penn Trafford School District
Residents \$29, Non-Residents \$37**



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: Penn Township Municipal Building Comm. Room

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

1st 6 week session: September 25-October 30 OR

2nd 6 week session: November 13-December 18 OR

Location: McCullough Elementary

Time: Tuesday, 6:00-7:00 pm

1st 6 week session: September 24-October 29 OR

2nd 6 week session: November 12-December 17

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



GET FIT BOOT CAMP Ages 18 & up

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: Thurs. , 6:30-7:30 pm

1st 6 week session:

September 26-October 31 OR

2nd 6 week session:

November 7-December 19

(no 11/28)

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



"GOLDEN "WALKFIT Ages 50 & up

This is a fun outdoor/indoor workout that combines marching & walking with light weights. This class is designed for ages 50 & up. You will burn calories, improve mobility, boost circulation, and keep your heart healthy! Bring 1-3 lb. weights.

Instructor: Stacia Vallo-Martucci

Outdoor Location: PSKC (formerly the Shelley Proskin Recreation Center), 708 Rt. 130 in Level Green

Time: Monday, 9:15-10:00 am

1st 7 week session: September 9-October 21

OR Location: Alison Biondi's Gymnastics Facility (indoors)

Time: Monday, 9:15-10:00 am

2nd 7 week session: October 28-December 16 (no 12/2)

Fee per session: PTSD Residents \$25. Non-Residents \$33