

PENN-TRAFFORD AREA RECREATION COMMISSION



2001 Municipal Ct.
Hours: M-F, 9:00am-4:00pm
Harrison City, PA 15636
724-392-4555

www.ptarc.org
Facebook.com/ptrecreation

REGISTER ON -LINE ON OUR WEBSITE
WWW.PTARC.ORG

2019 PTARC EXERCISE CLASSES WITH STACIA

DROP IN PASS FOR FALL EXERCISES CLASSES WITH STACIA!!!

Fall is always busy, so buy a Drop In PASS to try ANY of Stacia's 8 different exercise classes, including Shock, Grit, Cut, Shape, Walkfits, Circuit Training or the new PIYO class! Attend when it is convenient for you.

8 Class Drop In-\$39*16 Class Drop In-\$75

Expires: December 31, 2019

SHOCK Ages 15 & up

This ab class is designed to shock your abdominal area from every angle. The goal is to strengthen the core and have less back pain.

Bring a resistance band, mat and a 3-10 lb. weight.

Instructor: StaciaVallo-Martucci

Location: Sunrise Elementary

Time: Tuesday, 6:00-6:30 pm

1st 7 week session: September 10-October 22 OR

2nd 7 week session: October 29-December 17 (no 12/3)

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

GRIT Ages 15 & up

This class is medium to high impact. We will target all areas of the body while adding spurts of cardio. Each class offers a new program & format. Bring 3-10 lb. weights, resistance band & mat.

Instructor: StaciaVallo-Martucci

Location: Sunrise Elementary

Time: Tuesday, 6:35-7:20 pm

1st 7 week session: September 10-October 22 OR

2nd 7 week session: October 29-December 17 (no 12/3)

Fee per session: PTSD Residents \$35, Non-Residents \$43

CUT Ages 15 & up

An ab class designed to increase core strength & shape lean abdominals. Bring a 3-10 lb. weight, resistance band & mat.

Instructor: StaciaVallo-Martucci

Location: Sunrise Elementary

Time: Thursday, 6:00-6:30 pm

1st 7 week session: September 12-October 24 OR

2nd 7 week session: October 31-December 19 (no 11/28)

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

SHAPE Ages 15 & up

This is a lo-medium impact body conditioning class. You will improve body tone, strength & cardiovascular endurance. Each class offers a new program and format. Bring a water bottle, resistance band, mat and 3-5 lb weights.

Instructor: Stacia Vallo-Martucci

Location: Sunrise Elementary

Time: Thursday, 6:35-7:20 pm

1st 7 week session: September 12-October 24 OR

2nd 7 week session: October 31-December 19 (no 11/28)

Fee per session: PTSD Residents \$35, Non-Residents \$43

WALKFIT Ages 15 & up

Derived from "walkfit 15", this is a fun workout that combines marching & walking with light weights. This class is for all adult ages and all levels of fitness. You will burn calories, improve mobility, boost circulation, and keep your heart healthy! Bring 1-3 lb. weights.

Instructor: StaciaVallo-Martucci

Location: Harrison Park

Time: Wednesday, 6:00-6:45 pm

1st 7 week session: September 11-October 23

Location: Harrison Park Elementary

Time: Wednesday, 6:00-6:45 pm

2nd 7 week session: October 30-December 18 (no 11/27)

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

CIRCUIT TRAINING WITH STACIA Ages 15 & up

This class focuses on the use of gym equipment. The circuits will increase muscle strength and endurance.

Instructor: StaciaVallo-Martucci

Location: PTHS School Fitness Center

Time: Monday, 6:15-7:15 pm

1st 7 week session: September 9-October 21

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

Fee per session: PTSD Residents \$35, Non-Residents \$43

NEW! PIYO (mornings) Ages 18 & up

This class combines the practices of Pilates and Yoga. You will build strength, increase flexibility and burn calories. Bring a mat.

Instructor: StaciaVallo-Martucci

Location: Alison Biondi's Gymnastics

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

1st 7 week session: September 11-October 23

2nd 7 week session: October 30-December 18 (no 11/27) OR

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

1st 7 week session: September 13-October 25

2nd 7 week session: November 1-December 20 (no 11/29)

Fee per session: PTSD Residents \$35, Non-Residents \$43

If you sign up for both Wednesday and Friday classes in the same session.....GET A DISCOUNT:

\$65 for PTSD Resident and \$73 for Non-Residents

"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