



## PENN-TRAFFORD AREA RECREATION COMMISSION

2001 Municipal Ct.  
Harrison City, PA 15636  
Hours Mon-Fri, 9:00-4:00 pm  
724-392-4555

www.ptarc.org  
Facebook.com/ptrecreation  
**\*Pre-registration is required**

**REGISTER ON-LINE AT [www.ptarc.org](http://www.ptarc.org)**

# 2020 EXERCISE CLASSES WITH STACIA

## **DROP IN PASS FOR CLASSES WITH STACIA!!!**

Busy people deserve a break, so buy a drop in pass to try ANY of Stacia's classes! Attend when it is convenient for you.

**10 Class Drop In- \$60**

**20 Class Drop In- \$120**

**Expires: May 31, 2020**



## **AB ATTACK** Ages 16 & up

This class is designed to increase core strength and lessen lower back pain. Bring a resistance band, mat, and a 3-10 lb. weight.

**Instructor: Stacia Vallo-Martucci**

**Location: Sunrise Elementary**

**Time: Tuesdays, 6:00-6:30 pm**

**1st 5 week session: January 7-February 4**

**Fee: PTSD Residents \$20, Non-Residents \$28**

## **OVERDRIVE** Ages 16 & up

Put your body into "OVERDRIVE"! This class is med-hi impact. Formats covered will be kickboxing, interval training & the R.I.P.P.E.D. program. Bring 3-10 lb, weights, resistance band & mat.

**Instructor: Stacia Vallo-Martucci**

**Location: Sunrise Elementary**

**Time: Tuesdays, 6:35-7:20 pm**

**1st 5 week session: January 7-February 4**

**Fee: PTSD Residents \$25, Non-Residents \$33**

## **PIYO (mornings)** Ages 18 & up

This class combines the practices of Pilates and Yoga. We will work at a moderate pace, while building strength, increasing flexibility and burning calories. Bring a mat.

**Instructor: Stacia Vallo-Martucci**

**Location: PT Ambulance Center**

**Time: Wednesdays, 9:15-10:00 am**

**1st 5 week session: January 8-February 5**

**Fee: PTSD Residents \$25, Non-Residents \$33**

## **CRUNCH CLUB** Ages 16 & up

This class is specific to working the core as well as lessening lower back pain. Bring a resistance band, mat and a 3-10 lb. weight.

**Instructor: Stacia Vallo-Martucci**

**Location: McCullough Elementary**

**Time: Thursdays, 6:00-6:30 pm**

**1st 5 week session: January 9-February 20**

**\*no class 1/23 & 2/13**

**Fee: PTSD Residents \$20, Non-Residents \$28**

## **PIYO (evenings)** Ages 16 & up

This class combines the practices of Pilates and Yoga. We will work at a moderate pace while building strength, increasing flexibility and burning calories. Bring a mat.

**Instructor: Stacia Vallo-Martucci**

**Location: McCullough Elementary**

**Time: Thursdays, 6:35-7:20 pm**

**1st 5 week session: January 9-February 20**

**\*no class 1/23 & 2/13**

**Fee: PTSD Residents \$25, Non-residents \$33**