



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

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