

SUMMER OUTDOOR FITNESS SERIES

UNLIMITED DROP-IN CLASSES FOR \$25

INCLUDES LIMITED EDITION T-SHIRT

*Want an event T-shirt? Be sure to register by August 10!



AUGUST 24 - SEPTEMBER 4

Roll out your mat, join the adult & 50+ fitness community, and send Summer off with positive energy!

REGISTER ONLINE AT [MSCR.ORG](https://mscr.org) USE COURSE #54268

FULL CLASS SCHEDULE ON THE BACK



CLASS SCHEDULE

All classes are available on a drop-in basis after your registration fee is paid.
No individual class sign up is required to attend. Just show up!

PLEASE BRING YOUR OWN MAT TO CLASS

FORMAT	DAY	DATE	START TIME	END TIME	LOCATION
WEEK 1					
Functional Fitness	M	8/24	8:00 AM	8:45 AM	Garner Park
Mat Sculpt	T	8/25	4:30 PM	5:15 PM	Olbrich Park
WERQ	W	8/26	5:30 PM	6:15 PM	Kennedy Elementary
Sunrise Yoga	Th	8/27	7:30 AM	8:15 AM	Olbrich Park
Pure Strength	Th	8/27	5:30 PM	6:15 PM	Garner Park
Total Body Fitness	F	8/28	7:30 AM	8:15 AM	MSCR Central Patio
WEEK 2					
PiYo	M	8/31	5:30 PM	6:15 PM	Garner Park
Mat Sculpt	T	9/1	4:30 PM	5:15 PM	Olbrich Park
Pure Strength	W	9/2	11:00 AM	11:45 AM	Acewood Park
Bootcamp	Th	9/3	5:30 PM	6:15 PM	Olin Park
Lawn Chair Exercise	F	9/4	8:30 AM	9:15 AM	Acewood Park
Pure Strength	F	9/4	9:30 AM	10:15 AM	Acewood Park



Welcome email will be sent on 8/12
and will include class meeting locations.

Instructors are subject to change.

CLASS DESCRIPTIONS

Bootcamp

Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout.

Instructor: Mindy

Chair Exercise (bring your own lawn chair)

Reduce pain and stiffness with gentle exercises while building strength and mobility. There is no floor work.

Instructor: Jamie

Functional Fitness

This class is designed to improve strength, balance, flexibility, coordination, and aerobic fitness to optimize daily activities.

Instructor: Tatiana

Mat Sculpt

A full-body mat workout that combines strength and core exercises to tone muscles, improve stability, and leave you feeling stronger from head to toe.

Instructor: Grace

PiYo

A unique class designed to build strength and gain flexibility, this class is all about energy, power and rhythm. PiYo is perfect for core strength, improved stability, challenging yoga and pilates choreography. Instructor: Elizabeth

Sunrise Yoga

This dynamic practice combines breath and movement while flowing through a series of energizing yoga postures. Designed to awaken the body and mind at the start of your day!

Instructor: Ellen

Pure Strength

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle.

Instructor: Tatiana (Week 1)

Instructor: Jamie (Week 2)

Total Body Fitness

Total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training with cardio bursts designed to tone your body and improve endurance.

Instructor: Kelsey

WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. Designed for all fitness levels, WERQ blends dance moves with high-energy cardio.

Instructor: Sia

All classes are open to beginners and participants of all fitness levels.

Our instructors are trained to have options for all.

REGISTER ONLINE AT [MSCR.ORG](https://mscr.org) OR STOP BY ANY MSCR LOCATION COURSE #54268

