

# Outdoor fitness classes begin Monday, June 15!

## June 2020 OUTDOOR Fitness Class Schedule (effective 6/15/20)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9 - 10 am</b> <b>Zumba® Gold</b> ★ Linda Roberts	<b>7:30 - 8:30 am</b> <b>Cardio Dance Mix</b> Leandra Parkinson	<b>6:30 - 7:30 am</b> ★ <b>Run and Abs</b> ★ Lee Crumbaugh	<b>8 - 8:45 am</b> <b>Beginner Pilates</b> Beth Ross	<b>9 - 10 am</b> ★ <b>Zumba® Gold</b> ★ Linda Roberts
 annapolis recreation & parks Healthy Living Starts Here.	<b>10:15 - 11:15 am</b> <b>Turn Back the Clock</b> Stacey Oliff	<b>9 - 10 am</b> <b>Country Cardio</b> Linda Roberts	<b>10:15 - 11:15 am</b> <b>Turn Back the Clock</b> Stacey Oliff	<b>10:15 - 11:15 am</b> <b>Deep Stretch Yoga</b> Aimee Seal
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				yellow boxes indicate classes for Age 55+

**Classes are held outdoors to prepare for the reopening of PMRC under COVID-19 guidelines.** Classes take place on the grass next to the outdoor amphitheater and cardio room/indoor track. For age 16+ unless otherwise noted.

Each class costs \$10. Memberships are not used or applied for these specialized outdoor fitness classes during COVID-19.

Before class, participants must pay indoors at the PMRC Front Desk. The \$10 transaction receipt must be presented to the instructor before the class starts to allow for participation. No exceptions.

Only 9 participants to 1 instructor are allowed for each class. This is to maintain the 10-person maximum group gathering for physical distancing during COVID-19. Classes are first come, first serve; no reservations are accepted.

Outdoor fitness classes may be canceled due to inclement weather (rain, high heat/humidity, etc.)

**Beginner Pilates** Engage the mind and condition the body while you strengthen the core, lower back muscles, abs and glutes. Instructor: Beth Ross

**Cardio Dance Mix** Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Parkinson

**Country Cardio** High-energy, easy-to-follow, country dance-inspired workout! It's simple, fun and you will barely notice you're burning fat and tightening your body from head to toe. Instructor: Linda Roberts

**Deep Stretch Yoga** Combines breath work and deep full body stretching; suitable for all ages and levels. Instructor: Aimee Seal

★ **Run and Abs** Group run with stretching and abs! Come in running clothes and shoes, and bring an exercise mat for greater comfort. You'll receive guidance on physical distance running and learn about the run route. Run socially distanced with a group for 30 minutes – 15 minutes out and 15 minutes back. Then weather allowing, improve your strength during a brief stretching and abs session. 50-minutes. Instructor: Lee Crumbaugh

**Turn Back the Clock** Exercises to help you look and feel younger and stay active longer! This class focuses on improving strength, flexibility, posture, coordination and reducing the risk of falls, as well as helping alleviate symptoms of chronic conditions such as arthritis. Instructor: Stacey Oliff

★ **Zumba® Gold** is an easy-to-follow program that lets you move to the beat at your own speed. The **Zumba® Gold Live It Up Total Body Wellness** class feels like a party while revitalizing your mind and body! Instructor: Linda Roberts