

VIVA COMMUNITY FITNESS

CLASSES SCHEDULED AT LANSDALE PARKS & REC BLDG



VIVA Yoga

Wed - 6:30 pm – 7:30 pm
12wks * \$96.00 * 9/11-12/4

The Ultimate Anti-aging and Stress-Buster Exercise. Stretch, tone and strengthen every part of your body in a slow, gentle way. Improve your posture, relieve back and neck pain as you look and feel younger. Learn how deep breathing eases stress and expels toxins. Perfect for men/women, ages 12 and up and all fitness levels. Wear exercise attire and bring a mat (go to www.vivacommunityfitness.com to purchase a mat).

POP Pilates

Mon – 7:30 pm – 8:30 pm
12 wks * \$96.00 * 9/9-11/25
DROP-IN @ \$10/CLASS

Transform flab into sculpted muscle and energize your life!

A strength and flexibility workout using your bodyweight to turn flab into long, lean muscles. You perform easy yet effective Pilates-inspired moves set to upbeat music sure to energize your day. Slim your waist,

stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave each class standing taller, looking younger and be full of energy. Non-jarring exercises are tailored to fit each student's body. Perfect for men/women, ages 12 and up and all fitness levels. Wear comfortable exercise attire. Bring a large towel, mat, and water. Targets: Abs, back, posture, balance and flexibility.

Zumba

Wed - 7:40 pm – 8:40 pm
12ks * \$96.00 * 9/11-12/4
DROP-IN @ \$10/CLASS

Ditch the Workout – Join The Party!

Zumba fuses Latin rhythms and easy to follow steps with energizing music that makes you want to get up and move! Join us for an exhilarating hour of caloric-burning, body-energizing, awe-inspiring moves. For all fitness levels and ages 12 and up. Wear exercise attire, sneakers, and a smile. Targets: legs, arms, cardiovascular system (heart & lungs).



NAME: _____ CLASS _____

TELEPHONE: _____ EMAIL _____

ADDRESS: _____
(Street, Town, Zip)

I HEREBY RELEASE LANSDALE BOROUGH, AND/OR THEIR RESPECTIVE HEIRS, ASSIGNS, AND EMPLOYS FROM ANY LIABILITY INCURRED BY MY PARTICIPATION IN THIS CLASS.

SIGNATURE

DATE

CASH, CHECK AND CREDIT CARD ACCEPTED. CHECKS MADE PAYABLE TO: **LANSDALE BOROUGH.** VISA/MASTERCARD/DISCOVER ACCEPTED ONLINE AND IN-PERSON REGISTRATION AT THE RECREATION OFFICE, 660 LANSDALE AVENUE (2.57% CONVENIENCE FEE ADDED). **DEPARTMENT MAILING ADDRESS:** ONE VINE STREET, LANSDALE, PA 19446. **QUESTIONS – 215-361-8352 OR jgrubb@lansdale.org.**