



OUTDOOR FITNESS CLASSES

Enjoy classes outdoors throughout the summer!

Outdoor fitness classes are free for members and members can drop in to any outdoor class. Non-members pay a \$7 per class drop-in fee or save with a five class pack available for \$30 (only redeemable for outdoor classes). Non-member fees are paid at the TPAC front desk and non-members will receive an admission ticket that is submitted to the instructor. Equipment is provided. Classes are canceled during inclement weather. Check Rainoutline.com or download the RainoutLine app for updates.

Your Place to Play!
nbfitness.org

Mondays, 5:30pm Bodyweight and Bands Strength

Instructor: Sebastian B.

Location: Techny Prairie Activity Center Parking Lot

Power up with this full body strength class using only your bodyweight and various types of bands. Challenge all the major muscle groups to strengthen and tone.

Tuesdays, 9:30am Sculpt & Tone

Instructor: Lisa P.

Location: Techny Prairie Park and Fields Turf Field

Using light weights and high repetitions and set to the beat of music, this class will rhythmically sculpt and tone your muscles for a long and lean look.

Wednesdays, 9:30am Zumba

Instructor: Axana I.

Location: TPAC Parking Lot

Combining Latin and international music with dance moves, routines incorporate interval training to help improve cardiovascular fitness.

Thursdays, 9:30am Yoga Tune Up

Instructor: Werner M.

Location: Techny Prairie Park and Fields Turf Field

This yoga class is designed to improve posture, enhance performance, and eradicate pain. Target specific body parts using a unique blend of corrective exercise, yoga, and self-massage techniques.

Thursdays, 5:30pm WERQ

Instructors: Susie N. and Cheryl T. (Rotation)

Location: TPAC Parking Lot

This wildly addictive cardio dance class is based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

Sundays, 8:45am Pilates Fusion

Instructor: Werner M.

Location: Techny Prairie Park and Fields by Blue Gill Shelter

This class takes the best practices from Pilates and fuses them with yoga poses and strength training for a full body, well rounded workout.

Questions? Call 847-897-6180.

