



Schedule of Fitness Classes at Wrightsville Beach

Locals & visitors welcome! No membership required and all equipment is provided. Instructors are experienced, certified professionals committed to providing participants with a challenging workout. Call (910) 256-7925 or visit the Wrightsville Beach Parks & Recreation office for more information. Park Office hours are Monday—Friday, 8:00 a.m.—5:00 p.m. We're located at 1 Bob Sawyer Drive.
email: parksandrecreation@towb.org website: www.townofwrightsvillebeach.com

Boot Camp - A specialized program designed to offer a variety of exercise intensity levels to meet the needs of individuals. You get the benefit of having a group fitness instructor as well as a professional personal fitness trainer at a fraction of the cost. ***Boot Camp meets outdoors at the basketball courts in Wrightsville Beach Park (in the event of inclement weather, this class meets in the Recreation Center).

Barre Fit - Barre Fit is one of the most effective ways to change the shape of your body. Using isometric movements that combine Pilates, strength training, and yoga, coupled with ballet barre flexibility routine, Barre Fit targets all major muscle groups for an invigorating total body workout. Barre Fit classes use deliberate strength and stretching techniques to reshape bodies and challenge even the strongest of athletes. The overall promise is to create long and lean muscles without bulk. This hour long class is a rigorous, fast-paced sculpting class integrating the use of the ballet barre, light weights, bands, and balls with some yoga flow sequencing and stretching.

Gentle (Hatha) Yoga - If you need to stretch, strengthen, relax, and smile, you should try Gentle Yoga. This alignment-based yoga will help to increase essential mobility, balance, and foundational strength. This class features slow stretches and focus work on proper alignment suitable for all fitness levels with the instructor making adjustments to suit each participant's ability.

Indoor Cycling - This low impact, cardiovascular fitness class allows you to control everything from your speed and resistance to your intensity level while being pushed by our certified instructors to maximize your effort. Don't forget your towel and a water bottle. This class will really make you sweat!

Low Impact Aerobics - While this class is particularly geared for Seniors, it is suitable for any adult and all fitness levels. Classes are taught by certified instructors that take the extra care necessary to protect sensitive backs and knees.

Vinyasa Yoga - A rigorous, empowering yoga flow for the practitioner who desires a mindful challenge. Various sequences of poses linked together in the "Vinyasa" tradition; flowing from one to the next while focusing on breath. A typical class includes 20 minutes of sun salutation variations, 20 minutes of muscle strengthening through holding standing poses, 20 minutes of seated stretching including back bending, and hip openers. This class is appropriate for all levels.

Tone, Strengthen, & Stretch - The name says it all for this class that uses body weight, hand weights, bands, and resistance techniques for a workout that tones and strengthens. And, don't forget the stretching!

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Boot Camp		6:00—7:00 a.m.		6:00—7:00 a.m.	
**Low Impact Aerobics	8:00—9:00 a.m.		8:00—9:00 a.m.		8:00—9:00 a.m.
**Tone, Strengthen & Stretch		8:30—9:15 a.m.		8:30—9:15 a.m.	
Indoor Cycling - Starts Jan. 4th	9:00—10:00 a.m.				9:00—10:00 a.m.
Barre Fit		9:30—10:30 a.m.		9:30—10:30 a.m.	
Vinyasa Yoga					9:30—10:30 a.m.
Vinyasa Yoga	10:30—11:30 a.m.		10:30—11:30 a.m.		
Gentle (Hatha) Yoga		10:45—11:45 a.m.			
Gentle (Hatha) Yoga		6:30—7:30 p.m.			

TOKENS: Boot Camp, Barre Fit, Gentle (Hatha) Yoga, Indoor Cycling, and Vinyasa Yoga classes require that you purchase tokens in advance in the Park Office and then "pay" the instructor with a token. One token per class. Token Fees (with purchase of 5+ tokens): Wrightsville Beach Residents: \$6.00 and Non-Residents: \$8.00. Less than 5 tokens the fee for each is \$10.00 Wrightsville Beach Residents and \$12.00 for Non-Residents.

****Class fees for Low Impact Aerobics and Tone, Strengthen, & Stretch classes ONLY:**

\$4.00 per class Wrightsville Beach Residents

\$5.00 per class Non-Residents

12/1/2015