

Holden Recreation FALL Class List 2016

BARRE/ P90X: The “hottest new workout” is the best of both programs. Barre will elongate and lengthen your body on the ballet barre interspersing invigorating drills. P90X drills will help strengthen, define and sculpt your body. Focus will be on the Core throughout the entire 60 minute class. These 8-week classes are appropriate for all levels. The cost of one 8-week session is \$80. Barre/ P90X is being offered on Wednesday evenings from 6:00 p.m. to 7:00 p.m. beginning September 14 and Saturday mornings from 8:00 a.m. to 9:00 a.m. beginning September 17 in the Recreation Studio. Weights, mat and water bottle recommended.

CCYO: This class includes a cardio portion, a core toning workout and the remainder of the class will be yoga, the joining of mind, body and spirit. The instructor will teach you to work at a level that challenges your body to burn fat. All fitness levels are welcome. These 8-week classes will be held in the Mayo Elementary School Gym, from 6:00-7:00 p.m. on Tuesdays beginning September 13 and Thursdays beginning September 15. The cost is \$80 for one night or \$160 for both. This is a co-ed class. Participants should bring a mat.

GROUP STRENGTH AND FLEXIBILITY TRAINING: Get back to basics with this total body workout that incorporates hand weights, resistance bands and your own body weight! The instructor will guide the group through a series of exercises designed to increase muscle tone/ strength, improve balance, release tight muscles and relieve stress. These 8- week classes will be held in the Recreation Studio from 10:30-11:30 a.m. on Tuesdays beginning September 13 and Thursdays beginning September 15. The cost is \$80 for one morning or \$160 for both. This is a co-ed class and can be adapted to all fitness levels. Participants should bring a mat and two 3-5 lb. weights.

YOGA FOR EVERY “BODY”: Yoga is about strength, balance, flexibility, and mindful peace. This is a good class to take if you want to learn what yoga is all about. Breathing techniques, relaxation, and physical challenges are all a big part of this program. A certified instructor will teach this 8-week class. Classes are being held in the Mayo Elementary School gym, on Thursdays from 7-7:50 p.m. beginning September 15. The cost is \$70. This is a co-ed class. Participants should bring a mat.

CANDLELIGHT YOGA: This upbeat Iyengar Yoga class that begins with a light warm up, and focuses on breath work, core sequencing, posture flows and balance poses with modifications to accommodate everyone. This class is beneficial to the student looking to begin their Yoga practice, or deepen it, through flow and holding postures. Friday Flow Yoga will be held on Friday evenings in the Recreation Studio from 5:30 p.m. – 6:30 p.m. This 8-week class will begin September 16. The cost is \$80.00. This is a co-ed class. Participants should bring a mat.

*****The Recreation Studio is located at 1420 Main Street Holden. The entrance is around the back of the building. Parking is available.*****

Pre-registration for any of these classes is required. Please call the Recreation Office at (508) 829-0263 to pre-register. You can also log onto your myrec account to pay online.