






Swansea Rec Fall Fitness

September 7th-December 31st, 2016

MON.	WED.	THUR.	SAT.
6:15-7:15pm Cardio Fire w/ Kerri 	5:30-6:15pm POUND ROCKOUT. WORKOUT. w/ Wendy 6:30- 7:30pm Yoga w/ Stephanie 	6:15-7:15pm  ZUMBA w/ Carol	9:00-10:00am Move & Tone w/ Katie  10:00-11:00am Yoga w/ Stephanie 

Registration:

Come register for our 17 week fall fitness session on Sunday, August 28th, 2016 from 12-2pm at the Ocean Grove Community Center at 260 Ocean Grove Ave, Swansea, MA.

Cash and checks are acceptable forms of payment when registering.

Pricing:

Packages start at \$35.00 for 10 classes! The more you buy, the more you save!

Questions:

Email SwanseaRec@gmail.com, call 508-961-8981 or find us on Facebook.

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Class Pass Pricing

10 Classes	- \$35.00	50 Classes	- \$115.00
15 Classes	- \$45.00	55 Classes	- \$125.00
20 Classes	- \$55.00	60 Classes	- \$135.00
25 Classes	- \$65.00	65 Classes	- \$145.00
30 Classes	- \$75.00	70 Classes	- \$155.00
35 Classes	- \$85.00	75 Classes	- \$165.00
40 Classes	- \$95.00	80 Classes	- \$175.00
45 Classes	- \$105.00	UNLIMITED	- \$185.00

We have over 90 classes scheduled for our fall fitness session! The more you buy, the more you save! Pick the package that is right for you.

Swansea Rec Fitness Class Descriptions

CardioFire w/ Kerri * Monday's @ 6:15pm

CardioFire with Kerri is a cardio kickboxing / PiYo hybrid class! Participants will use light hand weights, their body weight and yoga mats. It is a total body workout that incorporates cardio, strength, and stretch! A great way to start your week!

Pound w/ Wendy * Wednesday's at 5:30pm

Pound. Rock Out. Work Out. with Wendy is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music!

Yoga w/ Stephanie * Wednesdays at 6:30pm & Saturday's at 10:00am

Yoga with Stephanie is an hour long class where "Yogis" of all levels are welcomed. We go through a series of effective stretches and poses, focusing on the importance of our breath. Stephanie works hard to keep us IN THE MOMENT, forgetting about all outside distractions. Each class ends with a 10 minute shavasana...the absolute best part!























Zumba w/ Carol * Thursday's at 6:15pm

Zumba with Carol Ann is an aerobic fitness class featuring movements inspired by various styles of Latin American dance. The class features a mix of Latin American dance music and today's pop/hip hop. This is an ALL LEVELS Zumba class! Coordination is not necessary, just a good attitude and a water bottle!

Move & Tone w/ Katie * Saturday's at 9:00am

Move & Tone is a total body workout, exercising each part of your body in zones! Class begins with our core, transitions to lower body, and ends with upper body. We are MOVING to fun music and TONING with the use of light and heavy weights (1-12lbs - your choice, your body!).

Swansea Rec Fitness: September 2016

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
28 Fall Fitness Registration from 12-2pm at Ocean Grove Community Center!	29 Move & Tone 6:15pm w/ Katie 	30	31 Yoga 6:15pm w/ Stephanie 	1 Zumba 6:15pm w/ Carol 	2	3 Pound 9:00am w/ Wendy  Yoga 10:00am w/ Stephanie 
4 Week 1 of the FALL FITNESS SESSION!	5 NO CLASS: Labor Day!	6	7 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	8 Zumba 6:15pm w/ Carol 	9	10 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
11	12 CardioFire 6:15pm w/ Kerri 	13	14 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	15 Zumba 6:15pm w/ Carol 	16	17 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
18	19 CardioFire 6:15pm w/ Kerri 	20	21 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	22 Zumba 6:15pm w/ Carol 	23	24 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
25	26 CardioFire 6:15pm w/ Kerri 	27	28 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	29 Zumba 6:15pm w/ Carol 	30	





























Swansea Rec Fitness: October 2016

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
						1 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
2	3 CardioFire 6:15pm w/ Kerri 	4	5 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	6 Zumba 6:15pm w/ Carol 	7	8 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
9	10 CardioFire 6:15pm w/ Kerri 	11	12 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	13 Zumba 6:15pm w/ Carol 	14	15 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
16	17 CardioFire 6:15pm w/ Kerri 	18	19 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	20 Zumba 6:15pm w/ Carol 	21	22 NO MOVE & TONE Yoga 10:00am w/ Stephanie 
23	24 CardioFire 6:15pm w/ Kerri 	25	26 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	27 Zumba 6:15pm w/ Carol 	28	29 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
30	31 NO CLASS: Halloween 					

Swansea Rec Fitness: November 2016

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
		1	2 Pound 5:30pm w/ Wendy POUND ROCKOUT. WORKOUT. Yoga 6:30pm w/ Stephanie 	3 Zumba 6:15pm w/ Carol  ZUMBA	4	5 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
6	7 CardioFire 6:15pm w/ Kerri 	8	9 Pound 5:30pm w/ Wendy POUND ROCKOUT. WORKOUT. Yoga 6:30pm w/ Stephanie 	10 Zumba 6:15pm w/ Carol  ZUMBA	11	12 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
13	14 CardioFire 6:15pm w/ Kerri 	15	16 Pound 5:30pm w/ Wendy POUND ROCKOUT. WORKOUT. Yoga 6:30pm w/ Stephanie 	17 Zumba 6:15pm w/ Carol  ZUMBA	18	19 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
20	21 CardioFire 6:15pm w/ Kerri 	22	23 Pound 5:30pm w/ Wendy POUND ROCKOUT. WORKOUT. Yoga 6:30pm w/ Stephanie 	24 NO CLASS: Thanksgiving 	25	26 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
27	28 CardioFire 6:15pm w/ Kerri 	29	30 Pound 5:30pm w/ Wendy POUND ROCKOUT. WORKOUT. Yoga 6:30pm w/ Stephanie 			

Swansea Rec Fitness: December 2016

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
				1 Zumba 6:15pm w/ Carol  ZUMBA	2	3 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
4	5 CardioFire 6:15pm w/ Kerri 	6	7 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	8 Zumba 6:15pm w/ Carol  ZUMBA	9	10 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 
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25 Merry Christmas 	26 CardioFire 6:15pm w/ Kerri 	27	28 Pound 5:30pm w/ Wendy  Yoga 6:30pm w/ Stephanie 	29 Zumba 6:15pm w/ Carol  ZUMBA	30	31 Move & Tone 9:00am w/ Katie  Yoga 10:00am w/ Stephanie 

Stay tuned for info on the 2017 Winter Fitness Session!

Classes will begin on 1/2/2017.