

## Wellness Group Fitness Programs

Main CCG Campus - Employee Fitness Center

3327 Tamiami Trail East (Building next to Facilities)

16 Sessions for \$30 (check payable to BCC; due by second class of series—NO CASH)

*FREE for those with a Park n' Rec Fitness Membership with exception of Yoga at GMD*

**Register for all programs on <http://colliergov.GoSignMeUp.com>**

Contact Zach, at the Fitness Center, if you have questions, 252.6096.

or [Zachary.Izbicki@colliercountyfl.gov](mailto:Zachary.Izbicki@colliercountyfl.gov)

SESSION 4

### HIIT BOOTCAMP

Every Monday & Wednesday

1:05 –1:55pm

May 1— June26

A new **INTENSE** timed circuit training class involving

functional strength training, cardio & core exercises.

Designed to be a fun, challenging & efficient way to get your heart rate up and exercise. (NO CLASS MAY29)



### **EASY MAT PILATES**

Every Monday & Wednesday

12:05 - 12:55pm

May 22— July 17 (NO CLASS May 29)

This is a Beginners program with mat and bar exercises to strengthen your body core. We encourage you to bring your own mat if you have one; otherwise, one will be provided.



### **STRENGTH & FLEXIBILITY**

Every Monday & Wednesday

5:30 - 6:30pm

May 22— July 17 (NO CLASS May 29,)

Build and tone muscles with this full body work-out lead by our certified instructor. Increase your lean body mass while decreasing your fat mass. Practice moves that will increase your flexibility.

### **YOGA FOR EVERYBODY**

Main Campus

Every Tuesday & Thursday

12:05 - 12:55pm

May 16—July 11 (NO CLASS July 4)

A Beginners Yoga class. Bring your own mat if you have one or one will be provided.



### **ZUMBA—MOVEMENT & MUSIC**

Every Tuesday & Thursday

5:30—6:30pm

May 16— July 11 (NO CLASS July 4)

This Latin-inspired work-out incorporates all the dance & fitness moves set to international rhythms. Wear socks or Zumba shoes.

