

## Wellness Group Fitness Programs

Main CCG Campus - Employee Fitness Center

3327 Tamiami Trail East (Building G. 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 1

### HIIT BOOTCAMP

Every Monday & Wednesday

1:10 – 1:55pm

Sept.27 - Dec.13 (No Class 11.22)

Thursday classes 6:30-7:30am 9.21--12.14

An **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.



### **EASY MAT PILATES**

Every Monday & Wednesday

12:05 - 12:55pm

Oct. 9 - Nov. 29

This is a Beginners program with mat and bar exercises to strengthen your body & core.



### **STRENGTH & FLEXIBILITY**

Every Monday & Wednesday

5:30 - 6:30pm

Oct. 9 - Nov. 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

Oct. 10 - Dec.5 (NO CLASS 11/23)

A Beginners Yoga class. Mats provided



### **ZUMBA—MOVEMENT & MUSIC**

Every Tuesday & Thursday

5:30—6:30pm

Oct.10 - Dec.5 (NO CLASS 11/23)

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

