

Wellness Group Fitness Programs—Session 3

Main CCG Campus - Employee Fitness Center
3327 Tamiami Trail East (Building G next to Facilities)

16 Sessions for \$30 (check ONLY payable to BCC; due by second class of series)

FREE for those with a Park & Rec Fitness Membership

(with exception of Yoga at GMD and Zumba at Heritage Bay)

Register for all programs on [GoSignMeUp](#)

Contact Zach Izbicki, Fitness Program Leader, if you have questions:

252.6096 or Zachary.Izbicki@colliercountyfl.gov

HIIT BOOT CAMP

Wednesday

1:05 - 1:55pm

Feb. 28 - June 12th

A Tobata style HIIT Bootcamp class: 3 rounds of a high intensity circuit of 10 functional strength & cardio exercises in a 30 second exercise—30 second rest format

EASY MAT PILATES

Monday & Wednesday

12:05 - 12:55pm

March 4 - April 24

A low-intensity, muscle-strengthening workout that focuses heavily on building strong core muscles

STRENGTH & FLEXIBILITY

Every Monday & Wednesday

5:30 - 6:30pm

March 4 - April 24

Build and tone muscles with this full body work-out; Increase your lean body mass while decreasing your fat mass, and practice moves that will increase your flexibility

YOGA FOR EVERYBODY

Main Campus

Tuesday & Thursday

12:05 - 12:55pm

March 5th - April 25th

Growth Management

Monday

12:05 - 1pm

June 3 - Sept. 23

A physical and mental discipline, including breath control, simple meditation, and the adoption of specific bodily postures; mats provided

ZUMBA—MOVEMENT & MUSIC!

Main Campus

Tuesday & Thursday

5:30 - 6:30pm

March 5th - April 25th

Heritage Bay

Wednesdays

6:30 - 7:30 PM

May 22 - Sept. 4

A Latin-inspired work-out which incorporates all the dance & fitness moves set to International rhythms; wear socks or Zumba shoes