

## Wellness Group Fitness Programs—Session 5

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 Coordinator, if you have questions:

252.6096 or [Zachary.Izbicki@colliercountyfl.gov](mailto:Zachary.Izbicki@colliercountyfl.gov)

### HIIT BOOT CAMP

**Wednesday**

**1:05 - 1:55pm**

**July 10 - Sept. 25**

*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**

**July 22 - Sept. 16 (No Class 9/2)**

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

### STRENGTH & FLEXIBILITY

**Every Monday & Wednesday**

**5:30 - 6:30pm**

**July 22 - Sept. 16 (No Class 9/2)**

*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**

**July 30 - Sept. 19**

**Growth Management**

**Monday**

**12:05 - 1pm**

**June 3 - Sept. 23 (No Class 9/2)**

*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**

**July 30 - Sept. 19**

**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*