



Clayton County
Parks and Recreation

40 Southern Golf Ct Fayetteville, GA. 30215-8008

River's Edge Community

Are you ready for exercise classes in your community?

It's starting June 4th

Registration: June 4, 2018-June 16, 2018

5 Week Session: June 18, 2018-July 21, 2018

Break week- July 23-July 28

If you are interested in signing up for a class all registration will be done online at www.claytonparks.com or at South Clayton Recreation Center 1837 McDonough Rd.

Hampton GA. 30228 or call 770-347-0200 for more information.

(All fees must be paid with exact change or credit card)

**Class Registration Times M- 8am-8pm, Sat.9am-5pm*

5 WEEK SESSION

Instructional Classes	Time	ages	Days	Fees	Instructor
Fit Body I - FB	9:15a - 10:15a	16+	Mon / Wed	\$30.00	Gail Lomba
Yoga I - Y	12:15p- 1:15p	16+	Tue / Thurs	\$30.00	Gail Lomba
ZUMBA Toning - ZT	7p - 8p	16+	Tues	\$15.00	Lisa Stanley
Fit Body II - FB II	7p - 8p	16+	Wed	\$15.00	Gail Lomba
ZUMBA Fitness - ZF	7p - 8p	16+	Mon	\$15.00	Stephanie Garrett
Yoga II - YII	11a-12p	16+	Sat	\$15.00	Gail Lomba
Urban Line Dance - ULD	7p - 8p	18+	2ND/3RD/4TH FRIDAYS	\$20.00	Vincelles

Class Descriptions:

- **Fit Body I Modified - FB Fit Body II FBII:** A total body workout that includes mat work: ab work, strength and resistance training, toning, cardio, stretching and meditation, which results in a fit, firm and fabulous body.
- **Yoga I -Y Modified / Yoga-YII:** A workout that makes the body strong and flexible. It also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind."
- **ZUMBA Toning-ZT / ZUMBA Fitness-ZF:** Cardio/Toning - A workout that burns calories and tone the muscles with fun Latin and Island inspired music and dance moves that's fun, exciting, and gets you grooving and moving. This class gives you a serious full body and cardiovascular workout.
- **Urban Line Dance-ULC:** A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. This is a cardio work out.

BRING YOUR MAT, WATER AND TOWEL