

OUTDOOR FITNESS CLASSES

Starting Monday, September 21, 2020 Held in the Basketball Court behind the Town of Sullivan Parks & Recreation Dept.

***Must register in advance!
Deadline is noon day of class***



BODY SHRED

MONDAYS | 5:00 PM
\$8.00

Body Shred is a class in which low to moderate intensity intervals are alternated with high intensity intervals allowing you to burn up to 3 times more fat than an average cardio class. Four 6-minute cardio and weight circuits totally transform your physique. Moves can be modified to fit most participants. Bring a mat and water bottle. Instructors are Samantha Horstman and Beth Zecher.

Masks must be worn entering and leaving the basketball court. Must bring your own mat. Social distancing of at least 6 feet between participants will be enforced. There will be a minimum of 6 and a maximum of 40 participants. In the event of inclement weather, contact the parks dept to be moved to a different class or refunded. Minimum 6, Maximum 40.

POWER HOUR

TUESDAYS | 5:00 PM
\$10.00

This class builds muscle strength and muscle definition through the use of hand held weights (NOT provided) and body weight. This class is easy to follow and is welcome to all fitness levels. Strength moves with a little cardio mixed in. Instructor is Nancy Wesseldine.

PIYO

WEDNESDAYS | 5:00 PM
\$9.00

PIYO is a mixture of Pilates and yoga, improving strength, balance and flexibility. Instructor is Beth Zecher.

Register on our website at

<https://sullivan.recdesk.com>, drop off a check in our drop box at the entrance of the building or mail a check to Sullivan Community Council, 707 Legion Drive, Chittenango.

Registration is NOT accepted at the program.

CARDIO DANCE

THURSDAYS | 6:15 PM
\$7.00

This is a total body workout with simple dance and cardio moves that are super fun! All you have to do is show up, keep moving and you're guaranteed a good time! Wear comfortable clothes and athletic shoes. Bring a bottle of water and a hand towel. Instructors are Nikki and Lulu.

SATURDAY MORNING FITNESS

SAT | 8:00 - 10:00 AM

Free to all participants of week night classes!
See Facebook Page for schedule!

These programs will run until the weather dictates otherwise!



Like us on Facebook—Chittenango Fitness or Sullivan Recreation to get the latest program updates!