

# Free Exercise Classes at the Webster Recreation Center!

Monday and Wednesday nights starting January 10th

Instructor-Jane Fuentes

6:00-6:40pm Walk & Rock

This class combines cardio and core/upper/lower body toning set to an eclectic selection of make-you-want-to-move music – from rock to hip-hop, to ethnic beats. Participants may want to bring their own hand weights and a mat. This class will also include stretches and poses for strength, balance and restorative purposes.

6:45-7:30pm HITT/Stretch-Flexibility

The first part of this class is high intensity, interval training. This may include traditional calisthenics an/or off-the-wall Tabata style training. The class ends with stretches and poses for strength, balance and relaxation.

Thursday Evenings starting January 4th

Instructor– Jody Brown

5:15-6:15pm Circuit Training

This class involves moving from station to station in set periods of time. It includes cardio work and bodyweight exercises. Bring your own mat, water and dumbbells if you'd like.



For more information contact, Recreation Director, Allie Shook at 574-936-7255 or at [parkrec@plymouthin.com](mailto:parkrec@plymouthin.com).