

Plymouth Park Department presents:

FREE Fall Exercise classes!



**Location: Webster Recreation Center**

**Time: Monday and Wednesday**

**6:00-6:40pm Walk 'N' Rock**

**6:45-7:30pm H.I.I.T.**

**Walk 'N' Rock:** Like variety in your cardio workouts? This party is for you! A little...walking, running, jumping, floor drumming, balancing, toning, stretching and yeah, a little dance! Everyone works at their own level, so no previous exercise experience necessary.

**H.I.I.T.:** (high intensity interval training) aka "bouncing off the walls!" Objective: torch calories. Get ready for Tabata, battle ropes and tire (as in car) workouts!

For more information contact Allie Shook, Recreation Director, at 936-7255, 936-2876, or at [parkrec@plymouthin.com](mailto:parkrec@plymouthin.com).

