

## **BERLIN PARKS AND RECREATION DEPARTMENT presents**

**Personal Euphoria Virtual Fitness classes for the spring – all classes will be taught through Zoom, by trained, certified instructors from Personal Euphoria. All classes are for ages 18 and older.**

**BARRE** – Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please have a water bottle, a mat, and 1-2 lb. hand weights. Barre class will be taught by Allison on Monday's from April 5-June 21 (no class May 31) from 5:45-6:30 p.m. Fee is \$80 for residents and \$90 for non-residents **Program #132001C**

**PILATES** – Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please have a mat, water bottle, a green (or medium weight) flex band and a 7.5-9 inch stability ball. Pilates class will be taught by Rob on Tuesday's from April 6-June 22 from 6-6:45 p.m. Fee is \$88 for residents and \$98 for non-residents **Program #132001B**

**TIGHTEN & TONE** – Get the endorphins flowing in Tighten & Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please have a mat, a blanket and 2-3 lb. weights. Tighten & Tone class will be taught by Allison on Wednesday's from April 7-June 23 from 5:45-6:30 p.m. Fee is \$88 for residents and \$98 for non-residents **Program #132001D**

**CORE STRENGTH** – This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Please have a yoga mat, water bottle and light weights. Core Strength class will be taught by Rob on Thursday's from April 8-June 24 from 6-6:45 p.m. Fee is \$88 for residents and \$98 for non-residents **Program #132001A**

The Berlin Parks and Recreation Department is accepting registration on-line through our WebTrac registration system starting March 1 for residents and March 8 for non-residents for these classes. **Registration forms can be obtained on the town's website [www.town.berlin.ct.us](http://www.town.berlin.ct.us) to mail in or call the office at 860-828-7009 to schedule an appointment to come in to register. Once you register you will be sent a link to sign a waiver through Personal Euphoria. You must sign the waiver to complete your registration. Check the Personal Euphoria site for more class offerings.**