

VIVA COMMUNITY FITNESS

CLASSES SCHEDULED AT LANSDALE PARKS & REC BLDG



VIVA Yoga

Wednesdays – 6:30 pm – 7:30 pm

12wks * \$96.00 * Jan 4 – Mar 22, 2017

The Ultimate Anti-aging and Stress-Buster Exercise. Stretch, tone and strengthen every part of your body in a slow, gentle way. Improve your posture, relieve back and neck pain as you look and feel younger. Learn how deep breathing eases stress and expels toxins. Perfect for men/women, ages 12 and up and all fitness levels. Wear exercise attire and bring a mat (go to www.vivacommunityfitness.com to purchase a mat).



Zumba

Wednesdays – 7:40 pm – 8:40 pm

12wks * \$96.00 * Jan 4 – Mar 22, 2017

Ditch the Workout – Join The Party!

Zumba fuses Latin rhythms and easy to follow steps with energizing music that makes you want to get up and move! Join us for an exhilarating hour of caloric-burning, body-energizing, awe-inspiring moves. For all fitness levels and ages 12 and up. Wear exercise attire, sneakers, and a smile. Targets: legs, arms, cardiovascular system (heart & lungs).



NAME: _____ CLASS: _____

TELEPHONE: _____ EMAIL: _____

ADDRESS: _____

(Street, Town, Zip)

I HEREBY RELEASE LANSDALE BOROUGH, AND/OR THEIR RESPECTIVE HEIRS, ASSIGNS, AND EMPLOYS FROM ANY LIABILITY INCURRED BY MY PARTICIPATION IN THIS CLASS.

SIGNATURE

DATE

CHECKS MADE PAYABLE TO: **LANSDALE BOROUGH.** VISA/MASTERCARD/DISCOVER ACCEPTED WITH IN-PERSON REGISTRATION AT THE RECREATION OFFICE, 660 LANSDALE AVENUE. **DEPARTMENT MAILING ADDRESS:** ONE VINE STREET, LANSDALE, PA 19446
QUESTIONS – 215-361-8352 OR jgrubb@lansdale.org.