

# VIVA COMMUNITY FITNESS

## CLASSES SCHEDULED AT LANSDALE PARKS & REC BLDG



### VIVA Yoga

Wed - 6:30 pm – 7:30 pm

10wks \* \$80.00 \* 4/3 – 6/5

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](http://www.vivacommunityfitness.com) to purchase a mat).

### POP Pilates

Mon – 7:45 – 8:45 pm

10 wks \* \$80.00 \* 4/1 – 6/10

Transform flab into sculpted muscle and energize your life!

A strength and flexibility workout using your bodyweight to turn flab into long, lean muscles. You perform easy yet effective Pilates-inspired moves set to upbeat music sure to energize your day. Slim your waist,

stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave each class standing taller, looking younger and be full of energy. Non-jarring exercises are tailored to fit each student's body. Perfect for men/women, ages 12 and up and all fitness levels. Wear comfortable exercise attire. Bring a large towel, mat, and water. Targets: Abs, back, posture, balance and flexibility.



### Zumba

Wed - 7:40 pm – 8:40 pm

10wks \* \$80.00 \* 4/3 – 6/5

**DROP-IN @ \$10/CLASS** Available if class meets minimum enrollment.

#### *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

CASH, CHECK AND CREDIT CARD ACCEPTED. CHECKS MADE PAYABLE TO: **LANSDALE BOROUGH**. VISA/MASTERCARD/DISCOVER ACCEPTED ONLINE AND IN-PERSON REGISTRATION AT THE RECREATION OFFICE, 660 LANSDALE AVENUE (2.49% CONVENIENCE FEE ADDED). **DEPARTMENT MAILING ADDRESS:** ONE VINE STREET, LANSDALE, PA 19446. **QUESTIONS – 215-361-8352 OR [jgrubb@lansdale.org](mailto:jgrubb@lansdale.org).**