

**BURLINGTON PARKS &
RECREATION PRESENTS**

SUMMER FITNESS PROGRAMS

July - September 2020



COVID-19 REGULATIONS

WHAT YOU NEED TO KNOW

- Face coverings are required when unable to physically distance.
- Participants are encourage to sanitize/wash hands before and after class
- Locker rooms and showers will be closed (restroom facilities will remain open)
 - Participants are encouraged to use the restroom prior to arriving for class and arrive dressed and ready for class
- Water fountains may be used as refill stations only; participants must bring their own water bottle.
- Entrance and Exit for classes will be as follows:
 - Gym: Enter through stairwell and exit past locker rooms
 - Function Room: Enter through Function Room 1 door and exit through Function Room 2 door
 - MK Wing: Enter through building (past kitchen and up ramp) and exit through back door (up ramp in room)
- All classes will be spaced 15 minutes apart to allow safe transitions and time to sanitize.
- Participants are encouraged to bring personal fitness equipment from home
 - All shared equipment must be sanitized between use
- Participants must remain in their vehicle until 5 minutes prior to the start of class.
- Signs will be posted outside the entrances restricting entry to anyone with symptoms of illness

CLASSES OFFERED

We have planned a diverse offering of in-person and virtual classes. Only classes listed here will be offered. Our office staff is currently working on notifying all participants of changes/cancellations and processing refunds.

All virtual classes will be held using the zoom platform. Once you have registered, you will receive an email with the zoom meeting information. Please call us with any questions.

Register at www.burlingtonrecreation.org

IN-PERSON ONLY

MONDAYS: JULY 20 - SEPT. 21

Evening Flow with Paulette Savage

7 - 8 pm in the Rec Gym \$55 (9 weeks)

Activity #: 410216-A

TUESDAYS: JULY 21 - SEPT. 22

Butts & Guts with Lynette Luschenat

5:30 - 6:30 am in the Rec Gym \$40 (10 weeks)

Activity #: 414303-A

Kick It! with Taylor Hachey

6:45 - 7:45 am in the Rec Gym \$40 (10 weeks)

Activity #: 418513-A

WEDNESDAYS: JULY 22 - SEPT. 23

Pilates Fusion with Julie Conley

5:30 - 6:30 am in the Rec Gym \$40 (10 weeks)

Activity #: 411133-A

THURSDAYS: JULY 23 - SEPT. 24

Butts & Guts with Julie Conley

5:30 - 6:30 am in the Rec Gym \$40 (10 weeks)

Activity #: 414303-B

Full Body Workout with Julie Conley

6:45 - 7:45 am in the Rec Gym \$40 (10 weeks)

Activity #: 416813-A

VIRTUAL ONLY FITNESS

BEST with Trish Marfione

Fri., July 24 - Sept. 25 Activity #: 411807-A
9:45 - 10:45 am \$25 (10 weeks)

Friday Morning Workout with Trish Marfione

Fri., July 24 - Sept. 25 Activity #: 410043-VIRB
8:30 - 9:30 am \$18 (10 weeks)

Zumba Gold with Paula Rayworth

Wed., July 22 - Sept. 23 Activity #: 416407-B
8:30 - 9:30 am \$20 (10 weeks)

Zumba Gold with Maryellen Reardon

Tues., July 21 - Sept. 22 Activity #: 416407-A
10:50 - 11:50 am \$20 (10 weeks)
Sat., July 25 - Sept. 26 Activity #: 416407-C
10 - 11 am \$20 (10 weeks)

VIRTUAL ONLY YOGA

Chair Yoga with Angela Wasson

Fri., July 24 - Sept. 25 Activity #: 411293-A
1:30 - 2:30 pm \$30 (10 weeks)

Gentle Yoga with Angela Wasson

Wed., July 22 - Sept. 23 Activity #: 411223-A
1:30 - 2:30 pm \$30 (10 weeks)

Hatha Yoga for Beginners with Maryellen Osowski

Thur., July 23 - Sept. 24 Activity #: 411203-A
4:30 - 5:45 pm \$30 (10 weeks)

Yoga Gold with Karen Pickette

Thur., July 23 - Sept. 24 Activity #: 419803-A
1:30 - 2:30 pm \$30 (10 weeks)

**PROGRAMS
OFFERED
BOTH
VIRTUALLY
AND IN
PERSON**

ALL PROGRAMS LISTED FROM THIS POINT FORWARD ARE OFFERED BOTH VIRTUALLY AND IN PERSON.

Classes that are held in person will have a typical activity number listed. Classes that are held virtually will have the letters VIR after the activity number. Please be aware of this when you are registering for programs this summer.

All virtual classes will be held using the zoom platform. Once you have registered, you will receive an email with the zoom meeting information. Please call us with any questions.

MONDAYS: JULY 20 - SEPT. 21 (NOT 9/7)

Let's Lift with Lynette Luschenat **(see below for start date change)*

7:15 - 8:15 am \$32 (9 weeks) In person: 410043-A ● \$16 (9 weeks) Virtual: 410043-VIRA

Monday Camp Core & More with Judy Landers

8:30 - 9:30 am \$32 (9 weeks) In person: 410043-A ● \$16 (9 weeks) Virtual: 410043-VIRA

Pilates with Props with Barbara Hospod

1:30 - 2:30 pm \$37 (9 weeks) In person: 411337-A ● \$19 (9 weeks) Virtual: 411337-VIRA

Gentle, Relaxing & Restorative Yoga with Karen Pickette

4:30 - 5:30 pm \$55 (9 weeks) In person: 419903-A ● \$28 (9 weeks) Virtual: 419903-VIRA

Beginner Hatha Yoga with Karen Pickette

5:45 - 6:45 pm \$55 (9 weeks) In person: 411213-A ● \$28 (9 weeks) Virtual: 411213-VIRA

Muscle Madness Interval Training with Delores Wesley

5:45 - 6:45 pm \$37 (9 weeks) In person: 411503-A ● \$19 (9 weeks) Virtual: 411503-VIRA

**Let's Lift with Lynette Luschenat will begin on Monday, July 27th.*

TUESDAYS: JULY 21 - SEPT. 22

Gentle, Relaxing & Restorative Yoga with Karen Pickette

4:30 - 5:30 pm \$60 (10 weeks) In person: 419903-B ● \$30 (10 weeks) Virtual: 419903-VIRB

D & T with Lauren Mattson

5 - 6 pm \$40 (10 weeks) In person: 432203-A ● \$20 (10 weeks) Virtual: 432203-VIRA

Beginner Hatha Yoga with Karen Pickette

5:45 - 6:45 pm \$60 (10 weeks) In person: 411213-B ● \$30 (10 weeks) Virtual: 411213-VIRB

Zumba with Tisha Wilson

6:15 - 7:15 pm \$40 (10 weeks) In person: 416403-A ● \$20 (10 weeks) Virtual: 416403-VIRA

7:30 - 8:30 pm \$40 (10 weeks) In person: 416403-B ● \$20 (10 weeks) Virtual: 416403-VIRB

WEDNESDAYS: JULY 22 - SEPT. 23

Pure Strength with Brenda Jo Hubbard

4 - 5 pm \$40 (10 weeks) In person: 414213-A ● \$20 (10 weeks) Virtual: 414213-VIRA

THURSDAYS: JULY 23 - SEPT. 24

Pound with Tisha Wilson

5 - 5:45 pm

\$40 (10 weeks)

In person: 419303-A ● \$20 (10 weeks) Virtual: 419303-VIRA

Yin Meditation with Karen Pickette

6 - 7 pm

\$60 (10 weeks)

In person: 411243-A ● \$30 (10 weeks) Virtual: 411243-VIRA

HIIT with Nichole Danehy

6:15 - 7 pm

\$40 (10 weeks)

In person: 413313-A ● \$20 (10 weeks) Virtual: 413313-VIRA

Zumba with Marcia Mailloux

7:15 - 8:15 pm

\$40 (10 weeks)

In person: 416403-D ● \$20 (10 weeks) Virtual: 416403-VIRD

SUNDAYS: JULY 26 - SEPT. 27 (NOT 9/6)

Zumba with Lauren Mattson

8 - 9 am \$37 (9 weeks) In person: 416403-F ● \$19 (9 weeks) Virtual: 416403-VIRF