

# BRAMBLETON

Recreation Center

New Socially Distanced  
Evening & Weekend Lineup!

## WELLNESS CLASSES AUG. - SEPT. 2020



### ELEVATE! EVENING AEROBICS

This body conditioning class includes low impact cardio, light strength/core training and stretching to improve cardiovascular health, muscle tone and flexibility. Enjoy fun moves set to great music! Designed for all fitness levels. 8 week course. Instructor: Holly Sweet.

Age	Date	Days	Time	Place	Course	Fee
18+	8/11 - 10/1	Tu/Th	6:00 PM - 6:45 PM	Brambleton	<a href="#">34008</a>	\$46
18+	8/11 - 10/1	Tu/Th	7:00 PM - 7:45 PM	Brambleton	<a href="#">34009</a>	\$46

### T'AI CHI

Originally developed as a Martial Art for self defense, T'ai Chi is a non-competitive, self-paced system of gentle physical exercise and dynamic stretching. It is sometimes described as 'Meditation in Motion' because it promotes serenity through gentle movement; connecting the mind, body, and spirit through a sequence of blissful postures. The class consists of slow intentional movements, incorporating breathing and mindful imagery. Its goal is to relax, strengthen, connect the physical body and mind, enhance the natural flow of Chi (life force), and improve one's health. Instructor: Denis Spencer

Age	Date	Days	Time	Place	Course	Fee
18+	8/12 - 9/30	W	6:00 PM - 6:45 PM	Brambleton	<a href="#">35043</a>	\$49

### TAPPING TOES

Get your toes tapping to some good old classics! This introductory class lets you work on basic tap skills, across-the-floor, combos, and a dance routine. Absolute beginners are welcome. Remember once a dancer always a dancer. Tap shoes required. Instructor: Patty Stratton.

Age	Date	Days	Time	Place	Course	Fee
18+	8/8 - 10/3	Sa	11:00 AM - 11:45 AM	Brambleton	<a href="#">35044</a>	\$44

### LOVE, SWEAT AND GEARS

Push, pedal, and climb your way to better health! Training for the next big race or triathlon? Want to add a more challenging cardiovascular edge to your workout routine? Cycle may be the move for you. With upbeat music and a contagiously motivating atmosphere, you will always leave feeling stronger and more energized. No need to worry about securing a bike each night - you will have a guaranteed seat for the entirety of the class. Instructor: Beth Hoel.

Age	Date	Days	Time	Place	Course	Fee
18+	8/11 - 9/15	Tu	7:00 PM - 7:45 PM	Brambleton	<a href="#">34011</a>	\$40

### AIKIDO

A Japanese martial art teaching self defense using efficient body movements, not strength, to redirect the force of an attack and diffusing it. Increase awareness, flexibility, and balance. Train your body and mind with movement, breathing, and meditative exercise helping you learn principals that are practical for self defense as well as daily life. Due to COVID-19, classes will be no-contact and may utilize outdoor space for class time.

Age	Date	Days	Time	Place	Course	Fee
18+	8/8 - 10/3	Sa	9:30 AM - 11:30 AM	Brambleton	<a href="#">35039</a>	\$20

### YOGILATES

Transformational and focused blend of Pilates and yoga movements that facilitate positive change in the body, mind and spirit. Pilates principles use the body's strength, flexibility, and coordination to maximum advantage. Yoga postures tone, strengthen, and align the body, increase flexibility, and move energy through the body, leaving the participant calm enough to meditate after practice. Quiet the mind, embrace the present moment, and manifest good health. Taught by Patricia Placona, a e-RYT 200 certified instructor. 8 week program.

Age	Date	Days	Time	Place	Course	Fee
18+	8/10 - 10/5	M	6:00 PM - 6:45 PM	Brambleton	<a href="#">35041</a>	\$49

### FUNDAMENTAL PILATES

Challenging and rejuvenating for all fitness levels, this Pilates class uses the principles of control, centering, concentration, and precision to engage the deepest core muscles. A total body balance of strength and flexibility that incorporates mind-body exercise techniques to calm the mind and reduce stress. 8 week program. Instructor: Patricia Placona.

Age	Date	Days	Time	Place	Course	Fee
18+	8/11 - 10/1	Tu/Th	6:00 PM - 6:45 PM	Brambleton	<a href="#">35042</a>	\$81

### CHAIR ASSISTED YOGA

This body conditioning class includes low impact cardio, light strength/core training and stretching to improve cardiovascular health, muscle tone and flexibility. Enjoy fun moves set to great music! Designed for all fitness levels. 8 week course. Instructor: Holly Sweet.

Age	Date	Days	Time	Place	Course	Fee
18+	8/8 - 10/3	Sa	9:00 AM - 9:45 AM	Brambleton	<a href="#">35040</a>	\$49

### JAZZERCISE DANCE MIXX

Jazzercise's high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music, Dance Mixx targets the three major muscle groups for a full body workout. Eight week program. Instructor: Suzanne Miller.

Age	Date	Days	Time	Place	Course	Fee
18+	8/10 - 10/5	M	6:00 PM - 6:45 PM	Brambleton	<a href="#">34012</a>	\$40
18+	8/10 - 10/5	M	7:00 PM - 7:45 PM	Brambleton	<a href="#">34013</a>	\$40
18+	8/12 - 9/30	W	6:00 PM - 6:45 PM	Brambleton	<a href="#">34014</a>	\$40

### JAZZERSCULPT

Experience the Jazzercise version of toning and strengthening, focusing on endurance and flexibility. You will use hand weights and do some mat work to get yourself in shape! Eight week program. Instructor: Suzanne Miller.

Age	Date	Days	Time	Place	Course	Fee
18+	8/12 - 9/30	W	7:00 PM - 7:45 PM	Brambleton	<a href="#">34015</a>	\$40

Register at [RoanokeCountyParks.com](http://RoanokeCountyParks.com)  
or call (540) 772-PLAY(7-5-2-9)

