

# outdoors in park @ the plaza

## Lunch Time



Try the fitness craze that has swept the nation! Anything but boring, Zumba features hypnotic Latin rhythms and easy-to-follow moves combined with interval training sessions where fast and slow beats are used to tone, sculpt and burn fat. You are sure to have a blast in this calorie burning, body energizing, awe inspiring class! Every level is welcome as dances can be modified to fit your comfort level. Wear comfortable clothing and bring a water bottle.  
*Stephanie Sherwood*

### Zumba Class Details

**Date:** Ongoing (Closed New Year's Eve Day, Easter, July 4th Thanksgiving, Christmas Eve/Day)  
Classes are ongoing and may be started at anytime  
**Days:** Tuesdays & Thursdays  
**Time:** 12:15 – 1 pm



## After Work



Every Mix It Up class will be different as you experience a variety of exercises including cardio, strength conditioning, and muscle toning. Come prepared to use the weight of your own body in this "No Equipment Needed" fitness program. Intended for all fitness levels.  
*Jennifer Blumhagen*

### Mix It Up Class Details

**Date:** Ongoing (Closed New Year's Eve Day, Easter, July 4th Thanksgiving, Christmas Eve/Day)  
Classes are ongoing and may be started at anytime  
**Days:** Mondays & Wednesdays  
**Time:** 5:15 – 6 pm

**Place:** Outdoors In  
**Fee:** 5-visit punch card (Only available for purchase and use at Outdoors In fitness classes)  
\$20 Resident  
\$30 Non-Resident

***There must be a minimum of 5 participants to hold every class***