

Adult Fitness (cont.)



BODY EFFORT

Feel The Difference – See The Results!

PILATES TYPE EXERCISES UPPER BODY STRENGTHENING LOWER BODY TONING YOGA TYPE STRETCHES

How Does It Work: Combination of exercises incorporating Pilates-type exercises/Upper Body Strengthening/Lower Body Toning and Yoga-type stretches to shape, strengthen, and sculpt your body.

A TOTAL BODY WORKOUT – YOU GET IT ALL!

Look Good, Feel Better: Improve Strength, Increase Flexibility, Relieve Stress.

Will You See Results: ABSOLUTELY! The Body Effort program will tighten, firm and tone your entire body. It helps to improve your overall health, posture, and muscle tone plus increase your strength.

AMAZING, POSITIVE, FRIENDLY, AND FUN!
Join us for a fun, one hour program to upbeat music!
Group exercise with a personal touch!

New Students – Free Trial Class and always receive a discount!

Sessions: . Always begin on the 1st of the month and end on the last day of the month.

Ongoing in May – June.

Days:.....Tuesdays and Thursdays
9:00 a.m. – 10:00 a.m.

Mondays and Wednesdays
7:00 p.m. – 8:00 p.m.

Saturdays - 8:30 a.m. – 9:30 a.m.

Place:Multipurpose Room I

For fees and to register contact:

Body Effort: 412.341.0911

Web: www.bodyeffort.com

E-mail: bodyeffort@bodyeffort.com

**Bring a Mat, Bring a Friend,
Or Come Make Some New Ones!**

Teens & Youth

Elementary And Intermediate String Camp

**Under the direction of Paul K. Fox,
Donna S. Fox, Jennifer Helms, and Paula Scandrol
(Grades 3-8)**

Program will provide study in music theory, string techniques, ensemble playing, ear-training, sight-training, and musicianship. The purpose of the program is to expose young string players to a variety of stimulating learning activities; improve individual understanding and appreciation of music; develop instrumental techniques; beat competence and ear-training; generate tools and strategies for better practice and enjoyment of music at home; provide small and large group instruction on playing in an ensemble, and to learn several new selections and the confidence to perform them for family and friends. Students must provide their own bag lunch.

Space is limited. Register early and guarantee your child a space.

Date(s):...June 16 – 18 and June 23 – 25

Day(s): ...Tuesdays through Thursdays

Time:9:00 a.m. – 3:00 p.m.

Place:High School Rooms

Fee(s):....\$100.00 full camp, \$75.00 mini-camp*

Early bird discount of \$10.00 - register by June 9.

*Students may register for the full string camp, which will allow them to participate in the entire session for the full day. Or they may register for the mini-camp, which will allow them to select 1/2 days, full days, or a combination of both for a total of no more than 19 1/2 hours of string camp.

**Optional additional \$11.00 fee for official camp T-shirt.

**PLEASE CONTACT THE RECREATION DEPARTMENT
FOR A REGISTRATION FORM OUTLINING PREFERRED
DAYS AND TIMES.**

Mommy or Daddy & Me

For information regarding summer classes please check with the Community Recreation Center after June 15.

Children's Dance

For information regarding summer classes please check with the Community Recreation Center after June 15.