

Lincoln Park Recreation Fitness Programs – Winter 2010

Class	what	when & where	cost	What do I need to know?
Balanced Body Fitness	a combo of strength training and pilates using light weights and resistance bands	Saturdays - 8:30am at the Municipal Complex beginning Jan 23	\$80 / 8-wk pkg or \$12 walk-in	<ul style="list-style-type: none"> • Bring an exercise mat, towel, and water
Yoga	Basic elements of this gentle form of exercise	Saturdays - 9:30am at the Municipal Complex beginning Jan 23	\$80 / 8-wk pkg or \$12 walk-in	<ul style="list-style-type: none"> • Bring an exercise mat, towel, and water
Aerobics	Low-impact exercise	Tues & Thurs 6-7pm at the PAL / Community Ctr classes on going	\$5 per 1-hour class	<ul style="list-style-type: none"> • Bring an exercise mat, towel, and water
Zumba	Latin-form based dance/exercise	Mondays 6-7pm meeting room of the PAL / Community Ctr beginning Feb 8	\$50 6-week pkg	<ul style="list-style-type: none"> • Wear flat shoes and comfortable clothes, bring water