



Fall 2017 New Fitness Classes

Recreation Department

Viva Mat Pilates: Transform flab into sculpted muscle and energize your life!

Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave class standing taller, looking younger and energized. Non-jarring exercises are tailored to fit each student's body. Wear comfortable exercise attire. Bring a, mat, medium or regular strength Pilates band (go to www.vivacommunityfitness.com to purchase). Targets: Abs, back, posture, balance and flexibility.

Tuesdays, 6:40 – 7:40pm, 12weeks, \$120 October 3-December 19, 2017

Viva Zumba: Ditch the Workout-Join the Party!

Zumba fuses Latin rhythms and easy to follow steps with energizing music that makes you want to get up and move! Join us for an exhilarating hour of caloric-burning, body-energizing, awe-inspiring moves. Wear exercise attire, sneakers and a smile. Targets: Legs, arms, cardiovascular system (heart & lungs).

Wednesdays, 6-7 PM, 12 weeks, \$120 September 27-December 20, 2017, No class Nov. 22.

Viva Yoga: The Ultimate Anti-aging and Stress Buster Exercise

This all levels Hatha style Yoga class promotes overall health and wellness for the body, mind and spirit. Whether you are new to Yoga or you have a basic understanding of the postures this class is for you. You will stretch, tone and strengthen every body part in a slow yet effective way. Improve your posture, relieve back and neck pain as you look and feel younger. Learn deep breathing that eases stress and expels toxins and yoga postures that build strength and endurance and calm/center your mind. Wear exercise attire and bring a mat. A flat, plastic band is required you can purchase in class for \$5. Targets: Balance, flexibility, stress releaser, abs, back and posture.

Thursdays, 7:10-8:10 PM, 12 weeks, \$120, September 28-December 21, 20-17 No class Nov. 23

- All classes are for ages 11 and up, all fitness levels and held at Ben Franklin School, 2939 Princeton Ave., Lawrence Twp.
- For more info call 856- 751-0095 or go to www.vivacommunityfitness.com.
- The proceeds are split between Lawrence Township and Viva Community Fitness.

Two Ways To Register:

1. Check through the Mail:
Mail form and check (made out to Viva Community Fitness) to Viva Community Fitness, 1054 Chanticleer Drive, Cherry Hill, NJ 08003.
2. Venmo
Email the form below to info@vivacommunityfitness.com. Download Venmo; create an account, request to be connected to Susanne Baum@vivacommunityfitness. Once confirmed transfer the class tuition to Susanne Baum@vivacommunityfitness. You can deduct it from your bank account or a debit card free of charge. If you use a credit card, you will incur a 3% charge. Put your name and class name in the what this is for line.

Name: _____

Mailing Address: _____

Home Telephone: _____ Cell Telephone: _____

Email Address: _____

Class _____