



Fitness Classes at Wrightsville Beach

For further information, call (910) 256-7925 or email ParksAndRecreation@towb.org.
 Park Office hours are Monday—Friday, 8:00 a.m.—5:00 p.m.
www.TownOfWrightsvilleBeach.com



Class Name	Monday	Tuesday	Wednesday	Thursday	Friday
ZOOM & REC CENTER					
Cardio Crunch	8:15 am		8:15 am		8:15 am
Tone, Strengthen & Stretch		8:15 am		8:15 am	
Power (Vinyasa) Yoga	9:30 am		9:30 am		9:30 am
Barre		9:30 am			
ZOOM ONLY:					
Gentle (Hatha) Yoga		10:30 am		10:30 am	

Barre, Vinyasa, and Hatha Yoga
 Wrightsville Beach Residents: \$6 per class
 Non-Residents: \$8 per class

Cardio Crunch and Tone, Strengthen, & Stretch
 Wrightsville Beach Residents: \$4.00 per class (\$40/month maximum)
 Non-Residents : \$5.00 per class (\$50/month maximum)

Cardio Crunch: - This low impact cardio class is suitable for all ages and fitness levels. It incorporates a comprehensive warmup, cardio set, conditioning, and stretching. You're the boss of your intensity level. Bring a water bottle and a towel. You will sweat!

Tone, Strengthen, & Stretch - The name says it all for this class that uses body weight, hand weights, bands, and resistance techniques for a workout that tones and strengthens. And, don't forget the stretching! Instructor will provide options for equipment.

Vinyasa (Power) Yoga - A rigorous, empowering yoga flow for the practitioner who desires a mindful challenge. Various sequences of poses linked together in the "Vinyasa" tradition; flowing from one to the next while focusing on breath. A typical class includes 20 minutes of sun salutation variations, 20 minutes of muscle strengthening through holding standing poses, 20 minutes of seated stretching including back bending, and hip openers. This class is appropriate for all levels.

Barre - Includes a fun fusion of Yoga and Pilates, working to increase Pelvic Core Strength and Stability, Strength, Flexibility and Mobility of the Spine, Shoulders, Hips and Ankles, in conjunction with promoting and enhancing a greater mind-body connection. We tax the muscles to the point of fatigue with emphasis on stellar posture, correct alignment, and proper execution of each exercise and stretch, to guarantee the most benefit. Each class has variety and builds on the exercises you learn. This class is demanding, even for the strongest client. The structure and many of the exercises are made to be challenging, yet accessible and modifiable, for almost everyone.

Hatha (Gentle) Yoga - If you need to stretch, strengthen, relax, and smile, you should try Gentle Yoga. This alignment-based yoga will help to increase essential mobility, balance, and foundational strength. The class features slow stretches and focus work on proper alignment suitable for all fitness levels with the instructor making adjustments to suit each participant's ability.

IMPORTANT INFORMATION REGARDING PARTICIPATION IN CLASSES:
 Participation in Parks and Recreation fitness classes currently requires preregistration for billing purposes. Visit our website for registration and class links.
 EMAIL: ParksAndRecreation@towb.org
 WEBSITE: www.TownOfWrightsvilleBeach.com