

Fitness in the Parks

The City of Bethlehem will be offering a variety of fun and exciting, outdoor fitness programs this summer. To register for summer sessions, complete the form below and return with payment to: The Parks & Recreation Office, 10 E. Church St. Bethlehem, PA 18018. All fitness levels are welcome.

To encourage participation, **multiple program enrollment discounts** are available. Please call the Recreation Office at 610-865-7081 for details! Makeup classes for inclement weather are at the instructors discretion.

TURN YOUR WALK INTO A WORKOUT

Whether you're just getting started or walk regularly, you'll increase your pace and improve your walking form to get more fit, have more energy, and burn more calories!

Walking classes will meet at various city parks. Once you sign up you will receive a class schedule.

Sessions	Day	Time	Dates
1	Tuesday	6-7 am	6/4, 6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6, 8/20, 8/27
2	Tuesday	10-11 am	6/4, 6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6, 8/20, 8/27
3	Wednesday	7-8 pm	6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/21, 8/28

Fees: Choose any 5 Walking Classes — \$25 Summer Pass (10 classes per session) — \$45

Michele Stanten

Michele is the former Fitness Director of *Prevention* magazine, an American Council of Exercise certified group fitness instructor, and the author of "Walk off Weight."

BOOTCAMP MONDAYS

Ryan will get your heart rate pumping with this fun, challenging training. This program will help you reach your fitness goals, become functionally stronger, and increase your energy through full body, core, balance, and speed exercises. Classes meet in the Bethlehem Rose Garden.

Session	Day	Time	Dates
1	Monday	6:30-7:30pm	6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/12, 8/19

Fees: Choose any 5 Bootcamp Classes — \$25 Summer Pass (10 classes) — \$45

Ryan T. Murphy

Ryan holds certifications by AAI/ISMA in personal training and ISSA— specialist in sports conditioning training.

POWER TONING +

Power Toning+ will feature muscle toning and strength exercises to help reshape & firm the entire body. The class will use resistance bands and/or dumbbells and will include some floor work, cardio bursts in between sets, and a cool-down/stretch. Classes meet in the Bethlehem Rose Garden.

Session	Day	Time	Dates
1	Thursday	6:30-7:30pm	6/4, 6/13, 6/27, 7/11, 7/18, 7/25, 8/1, 8/15, 8/22, 8/29

Fees: Choose any 5 Power Toning+ Classes — \$25 Summer Pass (10 classes)— \$45

Claudia Richan

Claudia is certified by ACSM as a Physical Activity in Public Health Specialist and group fitness instructor.

ZUMBA

Zumba is a fun, high energy fitness class that incorporates Latin-inspired dance rhythms and music with traditional aerobics. "Ditch the workout, join the party." Come see what the craze is all about, and burn hundreds of calories without even realizing it!

Classes meet in the Bethlehem Rose Garden.

Session	Day	Time	Dates
1	Tuesday	7-8pm	6/11, 6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6, 8/20, 8/27

Fees: Choose any 5 Zumba Classes — \$25 Summer Pass (10 classes) — \$45

Caitlin Trovato

Caitlin has been teaching Zumba for over 3 years and loves every sweaty minute of it! She will be graduating with a Master's of Physician Assistant this August.

Schedule subject to change. Minimum 6 participants per session. Space is limited

Participant Name _____ Age _____ Phone # _____

Address _____ Email _____

Program Name _____ Circle one: 5 classes 10 classes Amount _____

Program Name _____ Circle one: 5 classes 10 classes Amount _____

Signature _____ Total amount enclosed: _____

I hereby release, waive, discharge and covenant not to sue the City of Bethlehem, its administrators, directors, officers, officials, employees or agents from all claims arising, resulting or related to my participation in the Fitness in the Park program. I acknowledge and agree that there may be risks associated with my participation in the Fitness in the Park program and I voluntarily assume these risks.