

ADULT PROGRAMS

FREE! FITNESS IN THE PARK

Join us at Lynch Park for an 8-week series of fun and invigorating classes sponsored by the Beverly Athletic Club. Free for the community so grab sneakers, water and friends to enjoy good exercise in great surroundings!

WEDNESDAY, JUNE 21, 6PM - ZUMBA

The class that started the dance-fitness revolution and changed the way we look at "workout" forever! Dance to great music, with great people and burn a ton of calories! It's fun, effective and made for everyone!

WEDNESDAY, JUNE 28, 6PM - SOUL P.H.I.I.T.

Burn more calories in less time with this challenging but fun workout! Core and cardio come together in this interval format for the ultimate strengthening and conditioning workout. *Mats suggested and water a must!

WEDNESDAY, JULY 5, 6PM - MAT PILATES

Classical Pilates movements and variations combined with dynamic stretching. Props like magic circles, bands or balls may be integrated into class. Benefits include a tighter butt, thighs and abs, a stronger core, increased flexibility, and increased energy level. *Mats suggested

WEDNESDAY, JULY 12, 6PM - BODYCOMBAT

An empowering cardio workout where you are totally unleashed. This energetic program is inspired by martial arts and draws from a wide array of disciplines. Supported by driving music and powerful role model instructors, you strike, punch and kick your way to superior cardio fitness.

WEDNESDAY, JULY 19, 6PM - BOOTY BARRE®

An energetic, fun workout that fuses fitness techniques from dance, pilates, and yoga to tone, define and chisel the whole body. You don't need dance experience and you certainly don't need a partner! It's the perfect combo of strength and flexibility with added cardio to burn fat fast. *Mats suggested

SUNDAY, JULY 30, 4:30PM - ZUMBA

Celebrate the start of Beverly Homecoming and get dancing! The class that started the dance-fitness revolution and changed the way we look at "workout" forever! Dance to great music, with great people and burn a ton of calories! It's fun, effective and best of all, made for everyone!

WEDNESDAY, AUGUST 9, 6PM - YOGA

Experience a yoga flow linking breath and mindful movement. Develop strength, balance and flexibility and leave feeling calm and relaxed. All levels. *Mats suggested

WEDNESDAY, AUGUST 16, 6PM - SOUL CARDIO BARRE

We add cardio to your Barre for the best burn ever! Short cardio bursts are interspersed throughout the class (with low impact options) to keep your heart rate elevated and the calories burning! You'll experience a total body workout with focus on the butt, legs, torso and arms to sculpt muscles and elongate the appearance of your body.

BOOT CAMP (GROUP FITNESS CLASS)

Instructor: Steve Gold. Boot Camp is a total-body conditioning program designed to improve your muscular strength, overall power, muscular and cardiovascular endurance, core strength, agility, coordination, speed, flexibility, and balance. This program is designed to give challenging workouts to all participants, from beginner to advanced, at all ability levels. If you're looking to start from scratch, or boost your current workout, this class is for you. We can modify exercises to meet your needs. We are a very fun and friendly group and would love to have you join us. This program will also boost self-confidence and emotional well-being. Choose a 2-day per week class (mix and match Cardio & Core on Mon & Wed with Strength & Conditioning on Tues & Thurs) OR get it all in the 4-day per week class (Monday-Thursday).

Monday-Thursday, 6:00-7:00AM. Choose the 2-day per week class OR the 4-day per week class. No class on holidays, school vacations, or weather related school closings. Class runs at Briscoe Middle School (meets outside for nice weather, meets inside for winter and inclement weather).

Session Dates:

- S1: May 30-June 29 (5 Week)
- S2: July 10-August 10 (5 Week)
- S3: August 21-September 28 (6 Week)
- S4: October 10-November 9 (5 Week)
- S5: November 13-December 21 (6 Week)
- S6: January 2-February 15, 2018 (7 Week)
- S7: February 26-April 12, 2018 (7 Week)

Cost:

- 5 week sessions - \$135 (4x/wk) or \$95 (2x/wk)
- 6 week sessions - \$155 (4x/wk) or \$105 (2x/wk)
- 7 week sessions - \$175 (4x/wk) or \$115 (2x/wk)

