

# Fitness in the Parks

The City of Bethlehem will be offering a variety of fun and exciting, outdoor fitness programs this summer. Classes will run in 4-week sessions throughout the summer. To register for May sessions, complete the form below and return with payment to: The Parks & Recreation Office, 10 E. Church St. Bethlehem, PA 18018, or call 610-865-7081. All fitness levels are welcome. Walking classes will meet at various city parks. Other classes will meet at the Bethlehem Rose Garden, next to the DAR Log Cabin on 8th Ave.

*More classes will be available this SUMMER! Look for schedules soon!*

## 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! Sign up for the session that fits your schedule. **Each session is 7 classes. \$35 per session.**

- Session 1: Mon. & Wed. 6:15-7:15 AM      5/6- 5/29 (no class 5/27)
- Session 2: Mon. & Wed. 10-11 AM            5/6- 5/29 (no class 5/27)
- Session 3: Tues & Thurs. 6:30-7:30 PM    5/7- 5/30 (no class 5/9)



### 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.

**Each session is 4 classes. \$20 per session.**

- Session 1 : Mon. 6:30-7:30 PM                      5/6- 6/3 (no class 5/27)



### Ryan T. Murphy

Ryan holds certifications by AAAI/ISMA in personal training and ISSA—specialist in sports conditioning training. Ryan helps people looking to make lifestyle changes, improve self esteem and overall well-being!

## POWER TONING

**Power Toning: (PT) (30 minutes)** This class 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.

**Power Toning Plus: (PTP) (60 minutes)** In addition to power toning, this class will feature a warm-up, cardio bursts in between sets, and a cool-down/stretch.

- Session 1 PT: Mon. 11-11:30 AM                      5/6-6/3 (no class 5/27)

**Session 1 is 4 classes. \$12**

- Session 2 PTP: Thurs. 6:30-7:30 PM                      5/9-5/30

**Session 2 is 4 classes. \$20**



### Claudia Richan

Claudia is certified by ACSM as a Physical Activity in Public Health Specialist and group fitness instructor. She is currently employed by the City's Health Bureau where she conducts programs in nutrition and exercise.

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

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Phone # \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 Program Name \_\_\_\_\_ Program Session # \_\_\_\_\_ Amount \_\_\_\_\_  
 Program Name \_\_\_\_\_ Program Session # \_\_\_\_\_ 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.**