ADULT FITNESS IN THE PARK

Join us this fall to participate in outdoor exercise classes, in beautiful Cedar Creek Parkway! The Allentown Department of Parks and Recreation is pleased to offer six fitness class options, beginning the week of September 17th. All classes run four weeks and meet at the Rose Garden Pavilions off of Honochick Dr.

To register, complete the form below and return, with payment, to The Department of Parks and Recreation at 3000 Parkway Blvd., Allentown PA 18104, or call 610-437-7750.

Allentown
City without limits.

Certified Instructor: Kevin Roth

Yoga in the Park

Improve your posture, form and flexibility while enjoying the sounds and scenery of Cedar Creek Parkway. All levels welcome!

Tuesday	Saturdays
6:30pm	8:00am
Beginning 9/20	Beginning 9/22
Class # 00-1	Class # 00-2
Min: 7 Max:25	Min: 7 Max:25
$30R $38NR	$30R $38NR

Sign up for both classes and get a discount! ($52R $65NR)

Certified Instructors: Dave Wall & Obe Roundtree

Bootcamp Buddies! (intermediate to advanced workout)

Sign up in teams of 2 for this fun four-week fitness challenge. Competitive stations will be included for teams to guage their progress. A must try!

Thursday	Saturdays
6:30pm	9:15am
Beginning 9/18	Beginning 9/22
Class # 00-3	Class # 00-4
Min:5 teams Max:10 teams	Min:5 teams Max:10 teams
$30R $38NR	$30R $38NR

May only sign up for one class.

Certified Instructors: Dave Wall & Obe Roundtree

Tone It Up (beginner to intermediate workout)

Body toning with a mix of aerobics and palates. If you like to work out and still walk without pain the next day, this is the class for you!

Wednesdays	Saturdays
6:30pm	10:30am
Beginning 9/19	Beginning 9/22
Class # 00-5	Class # 00-6
Min: 7 Max: 25	Min: 7 Max: 25
$30R $38NR	$30R $38NR

Sign up for both classes and get a discount! ($52R $65NR)

Name (please print):

Address: City: State: Zip:

Email Address: Phone Number:

Birthdate: Class #: Name of Bootcamp Buddy (If applicable):

Total Cost: Signature: Date:

Payment Received: Staff Signature: Date: