

ALLENTOWN PARKS AND RECREATION PRESENTS CEDAR BEACH FITNESS



The Allentown Department of Parks and Recreation, in partnership with Full Circle Training is pleased to offer six different fitness classes led by certified instructors beginning in May of 2013. These classes will run throughout the summer and meet at the Rose Garden Pavilions off of Honochick Drive, in Cedar Creek Parkway.

FULL CIRCLE TRAINING

3864 COURTNEY STREET
SUITE 140
BETHLEHEM, PA 18017



REGISTER ONLINE AT
MYFULLCIRCLETRAINING.COM
PHONE NUMBER: (484)550-9083
OBEROVRTREE@HOTMAIL.COM

Allentown Department of Parks and Recreation
3000 Parkway Boulevard
Allentown PA 18104
(610)437-7750
allentownpa.gov/parks



BOOT CAMP IN THE PARK

Challenge your overall fitness with a series of stations that will tone your muscles and build strength.

Saturdays 8:00am Class #000-1
\$25 Resident
\$32 Non-resident
Min:6 Max: 50
Start date: Saturday, May 11th

YOGA

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

Tuesdays 6:30pm Class #000-2
Saturdays 10:30am Class #000-3
\$25 Resident
\$32 Non-resident
Min:6 Max: 25
Start date: Tuesday, May 7th

ZUMBA

Have fun dancing and blasting calories to hip-hop and Latin rhythms!

Thursdays 6:30pm Class #000-4
\$25 Resident
\$32 Non-resident
Min: 6 Max: 25
Start date: Thursday, May 9th

FAMILY FITNESS

Workout with your whole family! Inter-generational fitness activities for youth, adults and seniors alike.

Wednesdays 6:30pm Class #000-5
Saturdays 9:15am Class #000-6
\$25 Resident \$32 Non-Resident
\$15 Child*(Resident) \$18 Child(Non-Resident)
Min: 8 Max: 50
Start date: Wednesday, May 8th