

RECREATION COMMITTEE

Warwick Recreation Committee sponsors exercise classes each week to help you meet your fitness goals. We welcome newcomers and all instructors have modifications to fit your level. Most classes are held at our beautiful school gymnasium. we encourage you to take these classes and use this space. It is yours to enjoy. Bring towel/mat, water and indoor shoes.

STRONG Tuesday's 6-7 pm \$5

Be ready to sweat and see results this is a powerful new program that is sweeping across the country. Not dance, but music led interval training that will challenge you to be healthier and stronger. This class is becoming very popular, come see what the buzz is all about! Taught by Christine Rouleau

YOGA Wednesday 5-6 :15 pm at **town hall (THIS IS A CHANGE)** / Saturday 9-10:15 am town hall \$5

An all level Hatha yoga class to meet students needs. With an emphasis on proper alignment. Pranayama breathing techniques, deep relaxation, and meditation. A dynamic, yet harmonious approach to cultivate strength, physical awareness, and inner balance. Taught by kaliopé Kalombratsos

Two **ZUMBA** classes ; \$5

This is a dance fitness class performed to energetic music.

Thursday's 6-7 pm taught by Susan Krieger. Congratulations to her! She is now licensed to teach Zumba

Sunday 8-9 am taught by Christine Rouleau

NEW

All your favorite classes plus starting June 12th **BALLROOM DANCE** 6-7pm at school

first class free !!! \$10 per class taught by Christine Rouleu.



Beginner to intermediate Ballroom dance lessons for teens and adults

Students will begin with basic steps building up to a series of patterns that may be used anywhere (get ready for those summer weddings and parties!). Although there is an emphasis on technique, the class atmosphere is friendly and relaxed so that students learn at their own pace. Waltz, tango, cha cha, fox-trot, salsa. Partners not required

AND Mt. Grace hikes every Monday starting June 19th Ohlson Field 9 am with Leanne. This is by far the best cardio and it's free !!

See you there ! questions or feedback to leannelimoges@gmail.com or call (978) 544-5553