

## 2011 PCSB GROUP FITNESS CLASS SCHEDULE

### January 16, 2012 – May 5, 2012 (15 weeks—30 classes)

*Registration fee only \$40 per session – Take any class at any location, any time for one fee!*

**Payment due by January 27th. Checks will not be deposited until 02/1/12**

WORKSITE	ROOM	LOCATION	CLASS TYPE	INSTRUCTOR(S)	DAYS	TIME
Bartow Food Service Building— 680 S. Broadway Bartow			Combo	Marie Wilmot	Monday	5:00-6:00pm
			Zumba	Tonya Simmons	Tues/Thurs	5:15-6:15pm
			Cardio Pump	Christina Baker	Wednesday	4:30-5:30pm
Brigham	Music Room	Winter Haven	Total Body—ALL Levels	Laurie Heverly	Mon/Wed	3:30-4:30pm
Lawton Chiles	Chorus Room	Lakeland	Pilates	Christina Baker	Monday	3:45-4:45pm
Ben Hill Griffin	Cafeteria	Frostproof	Zumba/Zumba Toning	Tonya Simmons	Mon/Wed	4:00-5:00pm
McLaughlin Middle	Cafeteria	Lake Wales	Combo	Stella Haige	Monday	4:00-5:00pm
			Zumba	Jessica Bailey/Maria Perez	Wed	4:00-5:00pm
Lake Gibson Middle	Auditorium	North Lakeland	Zumba/Zumba Toning	Sarah Watson	Mon/Wed	4:30-5:30pm
Cleveland Court	Auditorium	Lakeland	Zumba	Murrie Mehrer	Mon/Wed	5:15-6:15pm
Dundee Elementary	Cafeteria	Dundee	Zumba	Tonya Simmons	Tues/Thurs	3:00-4:00pm
Dixieland Elementary	Cafeteria	Lakeland	Zumba	Marla Pyle	Tues/Thurs	3:30-4:30pm
Alta Vista Elementary	Room 20	Haines City	Total Body	Laurie Heverly	Tuesday	3:30-4:30pm
					Thursday	3:30-4:30pm
Kingsford Elementary	Cafeteria	Mulberry	Zumba	Jessica Bailey	Tues/Thurs	3:45-4:45pm
Oscar J. Pope El	Cafeteria	Lakeland	Combo	Stella Haige	Tuesday	4:00-5:00pm
			Zumba	Doris Young	Thursday	4:15-5:15pm
Wendell Watson	Music Room	Lakeland	Combo	Bethany Grant	Tues/Thurs	4:00-5:00pm
Pinewood	Cafeteria	Eagle Lake	Cardio Pump	Christina Baker	Tuesday	4:30-5:30pm
			Zumba	Maria Perez	Thursday	4:30-5:30pm

*NO experience necessary!! All classes adjusted to accommodate all participants! Please discuss your needs with your instructor.*

Visit [www.polk-fl.net/staff/employeeinfo/wellness/fitness.htm](http://www.polk-fl.net/staff/employeeinfo/wellness/fitness.htm) for registration form including liability release.

Please submit form along with a **check in the amount of \$40 made payable to Polk County School Board** to the Wellness Program, Woodlake Center, Route D.

### CLASS DESCRIPTIONS

**Combo**—Benefit from a mix of cardio, strength and flexibility training.

**Cardio Pump**—Get your heart pumping and muscles working—cardio/strength and stretch.

**Pilates**—Strengthen and stretch your muscles with tried and true techniques.

**Total Body**—Work your *glutes to the max* at Alta Vista or Brigham—cardio, strength and stretching for ALL Levels—Chairs available for use and modifications provided by an experienced fitness professional.

**Yoga**—Enjoy a blend of flexibility training and relaxation to help improve fitness and manage stress.

**Zumba**—Get your heart beating, your hips moving, your muscles toned and your metabolism sparked with this Latin dance craze!