

# Bloomington Park District

## Weight Loss Trial • Step • Weight Loss Trial • Step

### Weight Loss Trial

Join Bloomington's very own Biggest Loser challenge! This 11-week class teaches you proper nutrition, improved eating habits and the benefits of exercise. A new topic is discussed each week. Weekly weigh-ins are done confidentially. Prize money is paid to the winner at the end of the program.

Location: Community Room  
Instructor: Paradise Nutrition

MIN/MAX: 5/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:30-7:30P	1/12-3/22	\$50/70	203542-A1
Adult	Th	6:30-7:30P	4/5-6/14	\$50/70	203542-B1



### Step

Step is an excellent way to keep you fit! This fun and energetic class gives you a great workout and burns tons of calories. Tone your legs and strengthen your heart and lungs for a great overall workout!

Location: Aerobics Studio - Sundays  
Dance Room - Mondays

Instructor: Karen Pitro

MIN/MAX: 3/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	5:45-6:45P	1/16-2/20	\$49/69	203540-A1
Adult	Su	9:00-10:00A	1/22-2/26	\$49/69	203540-A2
Adult	M	5:45-6:45P	2/27-4/2	\$49/69	203540-B1
Adult	Su	9:00-10:00A	3/4-4/8	\$49/69	203540-B2
Adult	M	5:45-6:45P	4/9-5/14	\$49/69	203540-C1
Adult	Su	9:00-10:00A	4/15-5/20	\$49/69	203540-C2

### Flex and Flow new!

YogaFit Flex and Flow is a unique fusion of strength training and total body stretching. This class features repetitive flows and long holds to work muscles through isometric contractions and strong pulsing movements to create strength and mental focus. Class provides a comprehensive, time-efficient and functional way to strengthen all the muscles of your body by using your own body weight as resistance. Drop-in rate is \$11/14.

Location: Aerobics Studio  
Instructor: Lisa Schutz

MIN/MAX: 3/16

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	9:30-10:45A	2/15-3/21	\$59/79	203551-B1
Adult	W	9:30-10:45A	4/11-5/23	\$69/89	203551-C1

### Bellydance Fitness

Improve your posture, balance, muscle strength and coordination. Class focuses on basic belly dance steps, technique and movement. No prior experience is required. Wear exercise type clothing (no jeans or gym shoes). Belly dancing fits all body types and personalities.

Location: Dance Studio  
Instructor: Mahira

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	7:00-8:00P	3/13-4/10	\$59/79	203533-A1
Adult	Tu	7:00-8:00P	5/1-5/29	\$59/79	203533-A2

