

# Here's What's Happening in Fitness February & March!

Something  
New  
Every  
Month

## FEBRUARY

- Weight Room Orientations
- Foam Rolling Class
- Just Weights
- Yoga Basics
- Total Body Cond.
- Ask The Trainer
- Pound/Zumba Party

## MARCH\*

- Kettlebell Workshops
- Men's Power Hour
- Spring Break Classes
  - ~ Strong Girls
  - ~ Zumba Kids
  - ~ Kids Yoga
  - ~ Yin Yoga
  - ~ Strength, Agility & Flexibility for Teens
- Private Yoga/Pilates

\*Information on March programs will

For more information please contact Andrea  
in the Fitness & Wellness Department  
(AndreaRob@APRD.org) or the Front Desk.



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Trails  
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