

Perryville Activities Spring II 2017

YMCA of Cecil County Cifaldo Community Center



FITNESS CLASSES SPRING II

Drop Ins are Welcome!



ZUMBA: Is a Latin inspired, dance-fitness class that incorporates Latin and international music and dance movements. Zumba's basic step formula makes it easy for everyone of all ages. Its unique system creates a dynamic, exciting and effective fitness class. Zumba is designed for everyone. You could burn between **600 to 1,000** calories per class! **7 Weeks**

Tuesday & Thursday Dates:

April 25-June 8

Times: 7-8pm

FEE: \$50 Drop Ins \$5 Instructor: TINA BANKS

Combo ZUMBA & HIP HOP ABS: A great combination to burn and strengthen all at once. Come feel the **BURN**. **7 Weeks**

Tuesday Only Dates: April 25-June 6

Time: 6-8pm FEE: \$50 Drop Ins \$8

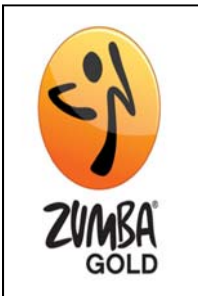
Hip Hop Abs Only: Time: 6-7pm

Dates: April 25-June 6

FEE: \$30 Drop Ins \$5 Instructor TINA BANKS

**IT'S NOT A DIET
IT'S NOT A PHASE
IT'S A PERMANENT LIFESTYLE CHANGE**

Zumba GOLD: This class is for the **ACTIVE OLDER ADULT!** This class prepares you to start your journey to a fit and healthy lifestyle. If you are just joining the fitness-party for the first time or just want to maintain and stay strong, this class is for **YOU!** Tina is there to keep you motivated and have **FUN** at the same time. **7 Weeks**



Saturday Only Dates: April 29-june 10 Time: 9:30-10:30am

FEE: \$30 Instructor: TINA BANKS

Drop Ins \$5



Kids Zumba® classes feature Kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. 45 minutes of FUN!

Saturday Only Dates: April 29-june 10

Time: 10:35am-11:20am FEE: \$20 Instructor MS. TINA

Yoga Fundamentals 7 week session

This class is designed to introduce new and continuing students to the foundations of alignment, breathwork and primary yoga poses in a safe and nurturing environment. We will stretch and strengthen the body while learning to quiet the mind. Students leave feeling nourished and refreshed, with newly cultivated awareness and clarity. No yoga experience is needed and all levels are welcome! Perryville class is a **YMCA** program. Pay in-person with cash, check or through the Cecil County YMCA. 410-398-2333

Wednesday Dates: April 26—June 7

Time: 9:00 am – 10:00 am

FEE: \$55 Drop ins are welcome \$10. Instructor: Laura Hannan



YMCA Schools Out Program at the Cifaldo Community Center!

When Schools are closed the Y is open in Perryville!

Space is limited! \$25 per day

For more information please call Liz at (410)392-YMCA.



Camp Cifaldo Summer Camp 10 week Program June 19-Aug. 25

The YMCA is offering Summer camp at the Perryville Cifaldo Community Center for campers ages 6-12. Campers will participate in one field trip per week. Some include the YMCA Splash Park, Bounce Center and other destinations. Call 410-392-YMCA for more information or visit our website at www.ymcacecil.org.

The YMCA of Cecil County, Inc. programs. For more

information please call

410-392-YMCA or visit our

website @ www.ymcacecil.org



Cifaldo Community Center 418 Elm Street Perryville Md.