

# Spring into shape!

## Virtual Fitness Classes



### Cardio Sculpt

Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class. Instructor: Sue Payne **Cost: \$12**  
*Mondays Apr 5 - 26 1-1:45 PM*

### Pilates

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core.  
Instructor: Meg Berg. **Cost: \$12**  
*Wednesdays Apr 7 - 28 2 PM*

### Silver Cardio

Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. Break a sweat. **Cost: \$15**  
*Thursdays Apr 1 - 29 1 PM*

### Total Body

Build strength, balance, and flexibility-aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. Instructor: Meg Berg. **Cost: \$12**  
*Wednesdays Apr 7 - 28 1 PM*

### Yoga: Chair Yoga

This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Instructor: Janet Wise Thomas.  
**Cost: \$12**  
*Tuesdays Apr 6 - 37 2:30 - 3:30 PM*



***A day before the class you will receive an email with instructions on how to log into WebEx, the platform that will be used to show the class.***

PARKS, RECREATION  
AND CULTURAL  
RESOURCES

Five Points Center for Active Adults  
2000 Noble Road  
919-996-4730  
[raleighnc.gov/parks](http://raleighnc.gov/parks)