

January Fitness Classes

Lake Johnson Park: Thomas G Crowder Woodland Center



Total Body Toning

Ages: 18+ Build muscular strength, endurance and stability in this fun 50-minute workout designed to tone your entire body. We'll use our own bodyweight as well as dumbbells, resistance bands, and other equipment to build core strength. Each class will include some light cardio (as a warm up), squats, lunges, barre moves and more! Classes will end with floor work. Participants are encouraged to work at their own level. Add in some motivating music and you'll leave feeling energized and accomplished. Who knew working out could be so much fun! Instructor Jenny Turnage has certifications in group fitness, yoga and personal training. \$10

#249255 Jan 15 W 6:10 - 7pm



MELT Introduction Workshop

Ages: 18+ Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better -- even if you've had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Calls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in the lower back, neck and shoulders, often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT please visit www.meltmethod.com or email the instructor Jenny Turnage with your questions at jenny@foodfityoga.com

Resident: \$25 / Non-Resident: \$40

#249249 Jan 25 Sa 10am - 12pm



PARKS, RECREATION
AND CULTURAL
RESOURCES

Lake Johnson Park
Thomas G Crowder Woodland Center
5611 Jaguar Park Drive
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Raleighnc.gov/parks