

For more info on any of
our exercise classes or
other programs contact

Department of Recreation at

724-852-5323

Sponsored by the
**Greene County
Commissioners**

Like us on
facebook 



Notice:

By participation of this program and/or activity, my photograph and/or the photograph of my child may be taken by the department or representative thereof. I agree that my photograph and/or the photograph of myself or my child, including video photography, film photography, or other reproduction of my likeness or the likeness of my child, along with activity creation may be used without charge by the Department of Recreation, producers, sponsors, organizers and/or it's assigns for media releases, advertisements or such purposed as they deem appropriate.

***We reserve the right to cancel classes
due to lack of participation.**

Please place
postage
here



GREENE COUNTY COMMISSIONERS
-BLAIR ZIMMERMAN—DAVE CODER—ARCHIE TRADER-
93 EAST HIGH STREET
WAYNESBURG, PA 15370
724-852-5210

GREENE COUNTY DEPARTMENT OF RECREATION
JAKE BLAKER, DIRECTOR
107 FAIRGROUNDS ROAD
WAYNESBURG, PA 15370
724-852-5323

Greene County Department of Recreation



Cardio Kickboxing with Mark and Deneen

Sundays @ 3PM Tuesdays @ 5PM

April 23rd –May 16th

Classes held at the Greene County Fairgrounds

Car Bar Yo (Cardio Barre & Yoga)

with Miranda Sundays @4:30 PM

April 23rd –May 14th

Get Fit!

**FMI or to Pre-Register
724-852-5323**

www.co.greene.pa.us

Pre-Registration is Required

Minimum Participants Required



Sundays @ 3PM Tuesdays @ 5PM

April 23rd –May 16th

Get Fit !!!

Instructors Mark Shrader and Deneen Chulick team up to lead our new cardio kickboxing class by demonstrating choreographed movements of punches, kicks, and knee strikes set to fast-paced music. Cardio kickboxing combinations are a mix of punches like jabs, crosses, hooks, and upper cuts. Lower body movements include knee strikes, front kicks, roundhouse kicks, side kicks and back kicks.

Instructor Deneen Chulick has been teaching Cardio Kickboxing for 11 years, and currently instructs classes weekly in Clarksville. Deneen is an assistant instructor at Mark Shraders Mixed Martial Arts Academy and has a Red Belt in Tang Soo Do.



Instructor Mark Shrader has been the Owner/ Instructor of Mark Shrader 's Mixed Martial Arts Academy in Washington, Pa, since 1994. Mark started training in karate in 1989, kickboxing in 1991, boxing in 1992, and MMA cage fighting in 2001. With a Fifth Degree Master Level in TANG SOO DO, Mark has trained multiple police departments and offers a full-spectrum mixed martial arts training experience. His classes at the academy include: self defense, karate, jiu-jitsu, cardio kick-boxing, and ultimate cage fighting.

\$5 per class
Call to register for the classes you are interested in!



Instructor Miranda Chapman

Sundays @4:30 PM

April 23rd –May 14th

The **PERFECT** Combination of Cardio Barre and Yoga A full body workout that involves cardio to increase the heart rate. Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. Small hand weights and a mat are needed for class!

All classes will be held in 4H Building Upstairs

EXCEPT:

***Sunday April 30th classes will be held in**

#8 Maintenance Building

***Tuesday May 16th class will also be held in the**

#8 Maintenance Building



Miranda graduated from Waynesburg University with a degree in Biology / Exercise Physiology in 2003. After taking many fitness classes as a student, she received her First Fitness Certification in Group Fit and Barre Method in 2013. Miranda began teaching Barre at In Motion in Waynesburg. She received her Personal Trainer Certification and Kid Fit in 2014 and began teaching children's exercise classes at WCES. She obtained her Yoga certification in 2015.