

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**



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

Get Fit In 2017!

with

**Greene
County
Department
of Recreation**

**Five Exercise
Classes to
choose from**

Winter 2017 Classes

**All Classes Held at Greene County
Fairgrounds 4H bldg upstairs**

Yoga-Zumba

Body Blast-PiYo

Country Heat

**For More Info or to Pre-Register
724-852-5323**

www.co.greene.pa.us

Check our **NEW**

Intro Class 



Stretching for Body, Mind & Spirit

Instructor Virginia Wainwright

Two new 4 week sessions!

Sundays 3PM
Tuesdays 5PM
Jan 8th—Jan 31st
Feb 19th—March 14th
All Participants Need a Yoga Mat!



With Melissa Brewer



Sundays 4:30PM
Jan 8th—Jan 29th
Feb 19th—March 12th

Utilizing the natural beat, tempo, and music transitions, the Zumba dances seamlessly flow from one toning, strengthening, or cardio move into the next. **Everybody loves Zumba!**

FREE Intro to Exercise January 8th 2pm

Come join us to learn more about each class that we are offering for winter. Each of our certified instructors will do a 10 minute demonstration on the class they teach. So if you ever wondered what each class offers this will be a great way to find out! You can come dressed to participate or just come and watch!

Hopper passes will be available for purchase at this session.

Body Blast! Instructor Miranda Chapman

The **PERFECT** Combination **Full body** workout that involves cardio to increase the heart rate and resistance training to sculpt the arms, butt, and core.

All fitness levels can do it!

Please bring free weights and a mat.

Mondays Jan 9th—February 27th 5PM

***Please note that there will be no class on Jan 16th or Feb 20th due to County Holidays**

\$5 per class
Discounts available
Buy 10 get 2 free for \$50 with a
Hopper Punch Card
***Attend 12 classes of your choosing**



Instructor Meghan Phillips

PiYo a pre-designed class that will really get your heart rate going as it features various styles of Yoga and Pilates in continuous movement and flow from one exercise to another. Sometimes PiYo is described as a hyper version of yoga, but with the benefits of deep breathing, balance stretching, strengthening and relaxation. To top it all off, the music is awesome!

All Participants Need Yoga Mat!

Wednesdays Jan 11th—Feb 15th 5PM



Instruction by Ashley Donaldson

Country Heat is so simple, anyone can do it...and so much fun, everyone will want to!

A high-energy, easy-to-follow, low-impact, country dance inspired fitness program.

Thursdays Jan 12th—Feb 16th 5PM

All exercise classes held at the Fairgrounds 4H Bldg Upstairs