

## Fitness Class Descriptions

**Basic Flow Yoga**—Instructor: Carly Rickard

**Cost: \$6.00 per class**

Beginner yoga is a class aimed at first time yoga takers/Yoga is for all levels. These classes explore breathing and primary yoga postures. This is designed for all fitness levels with a focus on increasing flexibility and core strength.

**Booty Camp**— Instructor Christina Dees

**Cost: \$6.00 per class**

This intense workout is sure to kick your booty! 1-2 minute circuit intervals using various weight and resistance exercises. Focusing on toning the gluts, this class incorporates plyometrics, calisthenics, and resistance exercises to get your buns in shape. Warm-up and cool-down stretches included.

**Carolina Beach Aerobics**—Instructor: Missy Snow

**Cost: \$2.00 per class**

Get your heart rate up and have fun.

**Core By The Shore**—Instructor: Jennifer Jackson

**Cost: \$8.00 per class**

With waves in the background, enjoy a fun, safe, strengthening class for any age, gender or fitness level. Bring yoga mat/towel. At the boardwalk platform overlooking the ocean.

**Core Control**—Instructor: Beth LaPerriere

**Cost: \$5.00 per class**

This is a class that incorporates life and sports specific core stabilization. Strengthen the inner core and prepare your body to excel in activities (surfing, cycling, running, golf, tennis, etc). Great class to learn safe and effective ways to protect your back and neck from injury. All levels are welcome. **Please contact Beth at [healthykidz@aol.com](mailto:healthykidz@aol.com) or (910) 707-0561 to reserve your spot in class.**

**Youth Dance (creative ballet/modern/jazz)**—Instructor: Rebecca Smith

**Cost: \$6.00 per class**

**Hatha Yoga**—Instructor: Rebecca Niamtu

**Cost: \$6.00 per class**

Yoga class incorporating all styles of Hatha Yoga. All levels and bodies welcome.

**Heated Slow Flow**—Instructor: Rebecca Niamtu

**Cost: \$8.00 per class**

This class will flow through yoga postures with less alignment. Knowledge of basic postures recommended. Room will be heated to approximately 90 degrees.

**Hula Hoop Fitness Class**—Instructor: Kelly Jo Stull

**Cost: \$6.00 per class**

The Hoop fitness workout is a feel-good class that inspires strength, confidence, power and poise using the hula hoop.

**Power Flow Yoga**—Instructor: Carly Rickard

**Cost: \$6.00 per class**

This is an intermediate class focusing on advanced yoga practices.

**Sunrise Pilates**—Instructor: Beth LaPerriere

**Cost: \$5.00 per class**

Join Beth at the Boardwalk platform overlooking the ocean. Listen to the ocean and feel the sun while you stretch and lengthen your muscles. Bring a yoga mat/towel and water. **Please contact Beth at [healthykidz@aol.com](mailto:healthykidz@aol.com) or (910) 707-0561 to reserve your spot in class.**

**Tae Kwon Do**—Instructor: Randy Miskech

**Cost: Free Class**

Learn punches, kicks, and basic self defense moves. Blends the mind, body and spirit to help develop self-confidence and improve your overall fitness level.

**\*\*\*All fitness class participants must be a recreation center member or pay the daily guest fee prior to attending any class\*\*\***

