

MONROEVILLE  
RECREATION  
& PARKS  
PRESENTS:

# FALL FITNESS WITH RAYLENE COOLEY



**Cardio Kickboxing**  
**Mondays**  
**6:15-7:15pm**  
Monroeville Senior Center  
9/23, 9/30/10/7, 10/14,  
10/21, 10/28  
\$90

**Core Fusion**  
**Tuesdays**  
**10-11am**  
9/24, 10/1, 10/8, 10/15  
MCP West Amphitheater  
\$60

**Move, Groove, & Loose**  
**Wednesdays**  
**10-11am**  
MCP West Amphitheater  
9/25, 10/2, 10/9, 10/16  
\$60

**Groovy Boxing**  
**Saturdays**  
**10-11am**  
CSE All Purpose Room  
9/28, 10/5, 10/12, 10/19  
\$60

**Fitness Blender**  
**Wednesdays**  
**6:15-7:15pm**  
Monroeville Senior Center  
9/25, 10/2, 10/9, 10/16,  
10/23, 10/30  
\$90

PRE REGISTRATION THROUGH MONROEVILLE RECREATION & PARKS.  
\$10 NON-RESIDENT FEE.

# COURSE DESCRIPTIONS

## Cardio Kickboxing

Get ready to kick and punch your way to fitness. This class will engage multiple muscle groups along with stamina, coordination, and flexibility. This class will leave you feeling stronger than ever.

Let's kick some butt!!!

You will need a mat for this class. We will end the class with core work.

## Move, Groove, & Loose

Who's ready to Lose!!! Walk and dance your way into weight loss and fitness. Keep your feet moving to a variety of upbeat tunes. This is an all in one class that will focus on endurance, strength, flexibility, and the enjoyment of exercising!

So put on those comfy shoes and let's move, groove, and lose together.

## Groovy Boxing

Boxing meets dance! This is such a fun workout that is going to give you that one two punch. Dance and box to upbeat music, such as latin, hip hop, and many other of your favorite songs. This class is a great way to get into shape, have fun, and reduce your stress level! It is so much fun you will forget your exercising!

## Core Fusion

This class will fuse together various exercises that will use every part of your core. Upper/lower abdominals, obliques, transverse obliques, and targeting those hard to reach areas like the transversus abdominis, this is the deepest layer of the abdominal area. This class will help you to gain strength in the lower back and hip area while seeing a stronger flatter stomach with tips and tricks of how to achieve it.

Mat is needed for this class

## Fitness Blender

This class will give you the perfect blending of a total body workout. This class will be broken down into various exercises that will increase your upper body strength with weight training. Training various parts of the upper body and gaining overall strength and endurance, lower body strength with squats, lunges, and plyometrics, and core strength with planks, crunches, and low impact cardio core exercises. Who's ready to blend and come out with a stronger leaner body!

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