

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>30</p> <p>00 am - Flow/Yin in aerobic room 12 pm: Qigong</p>	<p>31</p> <p>6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:30 pm - Intermediate Salsa</p>	<h1>MARCH CLASSES</h1>			<p>FITNESS · ENRICHMENT · ARTS · ATHLETICS</p> <h2>PORTSMOUTH RECREATION DEPARTMENT</h2>		<p>1</p> <p>7:30 am - Spin 8:30 am - Kick It! 9:00 am - Zumba 10:00 am - Yoga - Nina</p>
<p>2</p> <p>9:00 am - Flow/Yin in aerobic room 12 pm: Qigong</p>	<p>3</p> <p>6:15 am - Body Shred Tabata 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:30 pm - Intermediate Salsa</p>	<p>4</p> <p>6:30 am - Spin 7:30 am: Instinctive med. 9:00am senior fit by dona. 5-5:45 pm: Meditation and Mindful movement 6:00 pm - Spin-Strength 6:15-8 pm: Salsa footwork and styling</p>	<p>5</p> <p>7:30 am Instinctive Meditation/mindful movement 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 - Performance Team</p>	<p>6</p> <p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 5:30 pm: TRX Total Body</p>	<p>7</p> <p>6:30 am - Spin Bata 9:00 am - Mobility</p>	<p>8</p> <p>7:30 am - Spin 8:30 am -Kick It! 9:00 am - Zumba 10:00 am - Yoga with Nina</p>	
<p>9</p> <p>9:00 am - Flow/Yin in aerobic room 12 pm: Qigong</p>	<p>10</p> <p>6:15 am - Body Shred Tabata 8:45 am - Strength/Stretch 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:30 pm - Intermediate Salsa</p>	<p>11</p> <p>6:30 am - Spin 7:30 am: Instinctive Medita 9 am senior fit by dona. 5-5:45 pm: Meditation and Mindful movement 6:00 pm - Spin-Strength 6:15-8 pm: Salsa footwork and styling</p>	<p>12</p> <p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 - Performance Team</p>	<p>13</p> <p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 5:30 pm - TRX Total Body</p>	<p>14</p> <p>6:30 am - Spin-Bata 8:45 am - Strength/Stretch 9:00 am - Mobility</p>	<p>15</p> <p>7:30 am - SPIN 8:30 am - Kick It!.. 9:00 am - Zumba 10:00 am - Yoga with Nina 1:30-3:30: Bachata</p>	
<p>16</p> <p>9:00 am - Flow/Yin in aerobic room 12 pm: Qigong</p>	<p>17</p> <p>6:15 am - Body Shred Tabata 8:45 am - Strength/Stretch 5:15-6:15: Dance Exercise 6:00: Spin Hit + mobility 6:30 pm - Intermediate Salsa</p>	<p>18</p> <p>6:30 am - Spin 7:30: Instinctive Meditation 9 am senior fit by donat 5-5:45 pm: Meditation and Mindful movement 6:00 pm - Pilates w/props 6:15-8 pm - Salsa footwork and styling</p>	<p>19</p> <p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 Performance Team</p>	<p>20</p> <p>6:15 am - Bike/Barre 7:30 am - Spin 9 am senior fit by donation 10:00 am - Tai Chi 5:30 pm - TRX Total Body</p>	<p>21</p> <p>6:30 am - Spin Bata 8:45 am - Strength/Stretch 9:00 am - Mobility</p>	<p>22</p> <p>7:30 am - Spin 8:30 am - Kick It!.. 9:00 am - Zumba 10:00 am - Yoga with Nina 1:30-3:30 pm: Bachata</p>	
<p>23</p> <p>9:00 am - Flow/Yin in aerobic room 12 pm: Qigong 1:30-3:30 pm: 1 day dance class</p>	<p>24</p> <p>6:15 am - Body shred Tabata 8:45 am - Strength/Stretch 6:00 pm - Spin Hit (spin rm) 5:15-6:15 - Dance exercise 6:30 pm - Intermediate salsa</p>	<p>25</p> <p>6:30 am - Spin 9 am: sr fit by donation 5-5:45 pm: Meditation and 6:00 pm - Spin-Strength 6:15-8 pm - Salsa footwork and styling</p>	<p>26</p> <p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 5:30: Beginner Salsa 6:30- Beginner Bachata 7:15 - Performance Team</p>	<p>27</p> <p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 5:30 pm - TRX Total Body</p>	<p>28</p> <p>6:30 am - Spin-Bata 8:45 am - Strength/Stretch 9:00 am - Mobility</p>	<p>29</p> <p>7:30 am - Spin 8:30 am - Kick It!.. 9:00 am - Zumba 10:00 am - Yoga with Nina 1:30-3:30 pm: Bachata</p>	

- **BEING WELL** - This is a 60-minute comprehensive workout that begins with cardiovascular conditioning with fun and easy aerobic dance moves, followed by strength training using light weights or bands, balance exercises done to promote functional stability, and stretches for flexibility both on our feet and down on yoga mats. Every session ends with a few minutes of breath work and quiet reflection to start the day from a place of peace and satisfaction. Participants should bring their own weights and mats if they have them. All classes are led by Becky Kollmorgen, a physical therapist and certified exercise instructor. Wednesdays 9:00-10:00 am. \$10 per class. You must register, no walk ins at this time. More information: 603-531-3709. Takes place in the Aerobics Room.
- **FIT OVER 50** - This very popular senior class is for ages 50 and over. Aerobic exercise is done to period music; includes 10 minute warm up, 20 minutes cardio, balance or strength and cool down. Fee is \$7. The instructor is Jen Quirk, with over 30 years experience in the Fitness/Health Industry. Wednesday 9:00-9:45 am. Takes place in the Gym.
- **MEDITATION & MOVEMENT** - Tuesday evenings **5:00-5:45** pm in the aerobics room. Drop ins \$6.00 for spin members, \$7.00 for residents & \$8.00 for non residents/non members. Come explore various embodied meditation and movement practices and identify your preferred methods for accessing the body's natural healing/restorative state. Instructor Christine is a certified Instinctive Meditation coach with 20 + years teaching fitness and wellness programs. Contact her at 603-918-6287 to sign up. Save by buying a 5 class pass (\$25 for spin members, \$30 for residents and \$35 for non-members/non residents).
- **SENIOR FIT BY DONATION** - Instructor Katie leads a class that consists of low-impact cardio, strength training and some balance and stretching. The class fee is a request of a donation. Tuesday and Thursday 9:00-9:45 am. Takes place in the Aerobics Room.
- **STRENGTH/STRETCH** - Beginning with a full body warm up, this class works every major muscle group using dumbbells, bands or body weight. A full body stretch completes this class - no prior lifting experience is necessary. Katy Brandin is a Certified Senior Fitness Instructor and Trainer with over 30 years experience. Mondays & Fridays 9:00-9:45 am. Fee is \$7 per person, \$12 per couple. Check www.ktover50.com. Takes place in the Gym.
- **TAI-CHI** - Tai Chi is an internal martial art and is widely practiced for health, exercise and relaxation benefits. Tai Chi is a meditation in motion and consists of a series of slow, graceful movements. Routine practices reduces stress and promotes integration of mind, body, and spirit. Thursdays from 10:00-11:00 am. Class fee is \$110 for 10 weeks. Advanced instructor is Kevin Beane. Call 603-534-5185 for more information or email at k.beane@comcast.net. Takes place in the Aerobics Room.
- **THERAPUTIC QIGONG** - A meditative breathing practice that incorporates GENTLE body movement using thirty-six SLOW moves, while integrating controlled breathing for balancing body functions and feeding your body energy systems through channels called meridians. Qigong is the root to Tai Chi, supporting biochemical balance in brain, physical coordination, and mindfulness to enhance energy baseline flow for powerful healing results. Instructor Francesca Ciani is a certified Qigong instructor level II and L.M.T. Sundays 12:00-1:00 pm. Fee is \$10 drop in, package of 10 classes available. Call to pre-register at 603-498-4737, Minimum of 3 people. Takes place in the Aerobics Room.
- **YOGALATES** -This class is a blend of mat Pilates and yoga with deep stretches. It designed to rebuild strength, tone and lean your muscles, and improve flexibility. \$10 drop in (cash or Venmo). Special promotion: If you are taking Zumba class 9-10 am, both classes are \$15 only! Nina has been teaching pilates and yoga in the Seacoast area since 2007. She has advanced Pilates certification from FITOUR and 200-hr yoga certification from Traditional Yoga Studies in Canada. Questions call Nina at 207-409-6387.
- **ZUMBA** - Join Nina to experience one of the greatest workouts ever! Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin America dance music. Join the party! Saturdays 9:00-10:00 am. Questions call Nina at 207-409-6387. Takes place in the Aerobics Room.
- **DANCE EXERCISE** - Come join our fun filled workout and dance your Monday blues away! With easy to follow routines set a variety of popular music, this class is sure to get you moving. Energetic yet suited for different fitness levels and skill sets, this workout is designed to your heart pumping from start to finish. Get in shape, burn calories and improve your overall body strength. Class is led by Tia Almeida with 30 plus years of experience in the dance and fitness industry. Pre paid is \$7.00 per class, \$9.00 for drop in. Email for more information: tiapike111@gmail.com.
- **SPIN CLASSES, YOGA, KICK IT, CALM AND CENTERED, INSTINCTIVE MEDITATION/MINDFUL MOVEMENT, PILATES, FLOW/YIN, TRX, SPIN BATA, BIKE & BARRE, MY ZONE SPIN HIT, BODYSHRED TABATA!**

Please see bottom of page for information on these classes and sign up.

LizFit Classes: Please download the LizFit app from the iTunes or Android app store for descriptions and to reserve and pay for your space. First class free! Deal located on the app.

Questions? More Info? Contact Kat at kat@lizfit.net or Liz at Liz@LizFit.net. Special Offer: \$30 for 30 days, Contact Liz directly for this offer! 978-257-0112

HOURS OF OPERATION: MONDAY - FRIDAY: 6:00 AM - 8:00 PM & SATURDAY AND SUNDAY: 7:00 AM - 4:00 PM
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