



BROOKFIELD PARKS, RECREATION & FORESTRY DEPARTMENT

ADULT FITNESS PROGRAMS -- INFORMATION SHEET

Schedule

Participants have a choice of registering for **Tone & Trim, Pilates Plus, Beginning Yoga, Intermediate Yoga or Yoga Flow**. Please refer to the Activity Guide for location and times of classes.

Class Cancellations

Any class cancellations due to weather will be recorded on the Recreation Newslines. The Newslines number is (414) 297-9565. Any necessary rescheduled classes will be announced through a memo to participants.

Program Content

Tone and Trim: Emphasis is placed on muscular toning and strength building through resistance training and stretches. Participants should bring a non-slip mat.

Pilates Plus: Class will integrate stretching, Pilates, and relaxation. Each workout will target posture, balance and core strength. Participants should bring a workout mat.

Fitness Yoga: Learn relaxation techniques through beginner level yoga poses while strengthening muscles and becoming more fit. Participants should bring a non-slip mat.

Intermediate Yoga: Class is geared towards individuals who are ready to move up from beginning level. Focus will be on flexible strengthening while providing next level of physical activity. Participants should bring a non-slip mat.

Yoga Flow: Learn advanced yoga poses while focusing on strengthening muscles and improving heart rate. Participants must have taken an intermediate class before. Participants should bring a non-slip mat.

Clothing and Equipment

- Wear shoes that provide support, cushioning and traction.
- Wear permeable clothing that allows perspiration to evaporate.
- Participants should bring a well-cushioned non-slip mat for all floor work.

Special Considerations

- Consult your doctor before beginning any type of exercise program.
- Avoid heavy meals or alcohol for two (2) hours prior to a workout.
- Drink plenty of water before, during and after an exercise program.
- Take your heart rate during aerobics and remain within your training range.
- Stop exercises if you feel faint, dizzy or any pain and also obtain medical advice.

Personal Items

No storage areas are provided at the schools. However, participants are allowed to neatly store clothing along the walls or on tables in the exercise area. No food, beverages or smoking within the building.

Class Refunds

Please refer to the Parks & Recreation Fall/Winter/Spring brochure or call the office for the refund policy.

Participant Feedback

The Department of Parks, Recreation, & Forestry is interested in your comments regarding this program. Please call (262) 796-6675 any time you have a comment. Office hours are from 8:00 am - 5:00 pm Monday through Fridays.

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