

The Mat, Weight and Stability Ball Workout

Are you looking for something new to spice up your workout regimen? Do you want to lose inches or increase muscular definition? Then you need the Mat Workout! This class will teach you how to build core strength, slim and tone muscles you didn't know existed and improve mental focus. The Mat Workout combines the best exercises for a total body, fat-burning workout! We will use large balance balls, elasti-bands and light weights. The Stability Ball class utilizes the Pilates technique with focus on core muscles. Wear loose clothing and bring your floor mat (or we can provide one for you). Our certified instructor will modify the class to meet the individual needs of any age or level, male or female.

Instructor: Aerobics Instructors

Location: Cloverleaf Rec Center

March Session: March 1, 6, 8, 13, 15, 20, 22, 27 & 29

April Session: April 3, 5, 10, 12, 17, 19, 24 & 26

May Session: May 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31

June Session: June 5, 7, 12, 14, 19, 21, 26 & 28

July Session: July 3, 5, 10, 12, 17, 19, 24, 26 & 31

This class is offered all year.

Time: 6:15-7:15 am (Tuesday & Thursday mornings)

Age Level: Teen & Adult

Cost: \$25 for 1 month of Tues/Thurs classes

REGISTER NOW! QUESTIONS? CALL (330) 948-1323 or (330) 721-3601

Use your Master-card / Visa / Discover, or register by phone or mail. EZPay is also available online @ www.cloverleaflocal.org
Return registrations to the school in an envelope marked Cloverleaf Rec Center or mail your registrations to Cloverleaf Rec Center, 8525 Friendsville Rd., Lodi, OH 44254. Call the Rec (330-948-1323) or (330-721-3601) to register by phone.** Make check payable to Cloverleaf Rec Center.

Participant Name _____ Date of Birth _____

Mailing Address _____ City _____ Zip _____

Parent's Name _____ Phone (cell or home) _____

(If a student please provide the following) Grade _____ School _____

Email _____ Would you like to receive future fliers electronically? Yes ___ No ___

Course Name _____ Shirt Size (if applicable) _____ Cost _____

Course Name _____ Shirt Size (if applicable) _____ Cost _____

Total _____ Check # _____

Visa / MasterCard # _____ Expiration Date _____

Security Code # _____ Confirm# _____ Date Processed _____

Photographs taken during class activities may be used for publicity purposes.