



# Janine Myers Classes at Pepperell Recreation Winter 2020 Session 1



Location: Pepperell Community Center

Instructor: Janine Myers

Phone: 978-390-3135

Email: [JMFitness@janinethemachine.net](mailto:JMFitness@janinethemachine.net)

Website: [www.janinethemachine.net](http://www.janinethemachine.net)

Class	Time	Dates	Cost	Paid	Total
Monday Zumba/Tone	8am – 8:45am	Jan 6,13,20,27 Feb 3,10,17,24	\$64 / 8wk		
Monday Zumba/Tone	5:30pm – 6:15pm	Jan 6,13,20,27 Feb 3,10,17,24	\$64 / 8wk		
Monday Resistance Ball Core	6:30pm-7:15pm	Jan 6,13,20,27 Feb 3,10,17,24	\$64 / 8wk		
Tuesday Strong by Zumba	8am – 8:45am	Jan 7,14,21,28 Feb 4,11,18,25	\$64 / 8wk		
Tuesday Resistance Ball Core	9am – 9:45am	Jan 7,14,21,28 Feb 4,11,18,25	\$64 / 8wk		
Tuesday Barre w/Pilates	5:15pm-6pm	Jan 7,14,21,28 Feb 4,11,18,25	\$64 / 8wk		
Tuesday Strong by Zumba	6:05pm-6:50pm	Jan 7,14,21,28 Feb 4,11,18,25	\$64 / 8wk		
Wednesday Zumba/Tone	8am – 8:45am	Jan 1,8,15,22,29 Feb 5,12,19,26	\$72/ 9wk		
Wednesday Stretch	9am – 9:45am	Jan 1,8,15,22,29 Feb 5,12,19,26	\$72/ 9wk		
Thursday Barre w/Pilates	8am – 8:45am	Jan 2,9,16,23,30 Feb 6,13,20,27	\$72/ 9wk		
Thursday Zumba/Tone	5:30pm-6:15pm	Jan 2,9,16,23,30 Feb 6,13,20,27	\$72/ 9wk		
Thursday Stretch	6:20 pm-7:05pm	Jan 2,9,16,23,30 Feb 6,13,20,27	\$72/ 9wk		
Friday Strong by Zumba	8am – 8:45am	Jan 3,10,17,24,31 Feb 7,14,21,28	\$72/ 9wk		
Friday Pilates	5:30pm-6:15pm	Jan 3,10,17,24,31 Feb 7,14,21,28	\$72/ 9wk		
Saturday Zumba/Tone	8am-8:45am	Jan 4,11,18,24 Feb 1,8,15,21,29	\$72/ 9wk		
Unlimited Classes		Winter Session 1 \$230 if paid by January 1	\$250		
		<b>*Class location Peter Fitzpatrick Walk In's welcome @ \$10/class</b>		<b>total</b>	<b>\$</b>

## Participant Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Street Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/Cell: \_\_\_\_\_

Email (Please print clearly): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Pepperell Recreation does not discriminate on the basis of race, religion, nationality or ethnic origin in all of its programs and/or policies. We reserve the right to dismiss any individual from the program if behavior is deemed inappropriate and corrective action is not taken. In choosing to participate in Pepperell Recreation's classes, I am aware of and assume all risks and hazards incidental to such participation, and I hereby waive, release and agree to hold harmless the Town of Pepperell, it's Recreation Department, sponsors, volunteers and staff for any claim arising out of injury to myself or my child or property damage that might occur. In the event that I'm unable to be contacted in any emergency, I hereby give permission to the Town of Pepperell Recreation Department to hospitalize and/or secure proper medical treatment for myself or my child.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return completed form with payment (checks made payable to Town of Pepperell) to:  
Pepperell Recreation, Town Hall, 1 Main St, Pepperell, MA 01463

Check #: \_\_\_\_\_ Paid: \$ \_\_\_\_\_ Date & Initials: \_\_\_\_\_

## **Class Descriptions:**

### **Zumba/Tone – Monday / Wednesday / Thursday / Saturday**

Join us for the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party. Feel the music and let loose for this 45 minute class. Zumba Toning takes regular Zumba to a new level as it incorporates light weight, maraca-like toning sticks to enhance your workout and tone your body.

### **Strong by Zumba – Tuesday /Friday**

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max

### **Barre w/Pilates – Tuesday PM / Thursday AM**

This class combines work at the Barre with Pilates mat work. It will focus on the glutes and hamstrings as well as strengthening the core to sculpt a long lean body and a tight tush.

### **Pilates –Friday PM alternating with Strong**

The routine will lengthen and tone your muscles, improve strength, flexibility, balance and stamina. It will develop your body as it shapes and tones each muscle

### **Stretch - Monday PM /Tuesday AM / Wednesday AM / Thursday PM**

Stretch description: this class will gently stretch your body from head to toe. Set to relaxing music, the goal is to increase flexibility and leave your body feeling rejuvenated.

### **Stability Ball Strength-Resistance Ball Core Monday PM / Tuesday AM**

Participants will bring their own ball to class. In this class you will gain postural awareness while strengthening your core, improving your balance and sculpting your muscles with fun and challenging exercise centering around the stability ball. You should have a ball on which you can sit comfortably with your legs at a 90 degree angle. Balls should be adequately inflated.

### **If signing up for full sessions of Janine's classes:**

Sign up for 1 class - regular price \$8/class

Sign up for 2 classes – pay full price for first class and get \$1 off each class of the less expensive of the two.

Sign up for 3 classes – pay full price for the first two and get \$2 off each class of the least expensive of the three

Sign up for 4 classes – get unlimited access to all of Janine's classes for the session