

COMMUNITY LUNCHTIME SUMMER SERIES

VIRTUAL CLASS SCHEDULE

Thornton Parks, Recreation & Community Programs (TPRCP) is now offering a ZOOM Summer Lunchtime Fitness Series! These classes are FREE to attend. Dates and times are subject to change.

You may access all of these ZOOM Lunchtime Classes [here](#) with the following information:

MEETING ID: 991 601 6378

PASSWORD: 7pxuaG

JUNE CLASSES

POWERFIT

Tuesdays, June 2-30; 1:15-1:45 p.m.

Are you the type that likes a CrossFit-style or boot camp workout? Then you'll love this lunchtime fitness series. Never heard of an Amrap, E.M.O.M., Chipper, Triplet or Time Cap workout? No worries, most of us haven't! They're all ways to keep fitness sessions fresh, fun and to keep your muscles guessing and you can find out more about each of these [here](#).

HIIT-45

Thursdays, June 4-25; 12:15-12:45 p.m.

Like short bursts of activity followed by short rest breaks? Then this lunchtime fitness opportunity is for you! HIIT stands for High Intensity Interval Training and each week will be something new and different to get our blood pumping: different types of intervals, different activities, different interval lengths.

JULY CLASSES

10/10/10

Thursdays, July 2-30; 12:15-12:45 p.m.

You can do anything for 10-minutes! 10/10/10 exercise classes combine an ever-changing variety of cardio, strength training, stretching and core work for the ultimate 3-in-1 workout with each "mini" workout lasting 10-minutes.

PLYO FUSION

Tuesdays, July 7-28; 1:15-1:45 p.m.

No equipment needed in this fusion class that's the perfect blend of plyometrics with core training activities integrated in between. Plyometrics exercises involve a jumping or similar type of movement. For example, skipping, hopping, lunges, or jump squats. All levels welcome and adaptations provided.

AUGUST CLASSES

VARIETY PACK

Tuesdays, August 4-25; 1:15-1:45 p.m.

This workout will change from week-to-week by using different moves, equipment and more, but one thing you can always count on is a workout that challenges your cardiovascular system with intervals and tones your muscles with resistance training. All levels (from newbie to advanced) are welcome and encouraged to sign up as adaptations are provided.

TABATA BLAST

Thursdays, August 6-27; 12:15-12:45 p.m.

Like short bursts of activity followed by short rest breaks? Then this fitness opportunity is for you! Tabata is a HIIT (high intensity interval training) workout that mixes sets of fast-paced exercises of 20-45 seconds, followed by short rest breaks of 10-20 seconds. Each week will be something new and different to up the calorie burn.



THORNTON
PARKS, RECREATION & COMMUNITY PROGRAMS

