



TBC News, July 2019

No classes on Wednesday evening July 3 or all-day Thursday, July 4th holiday. Modified evening class schedule on Wednesday, July 10 due to the annual Library event – Martinis and Monet. Please see schedule for the place you will meet!

Class Happenings

Free Yoga in the Park

- Saturday, July 13 - 9:30 AM – Graham Park
- Monday, July 22 - 6:30 PM – Community Park Amphitheater

Group Barbell Elements – The GBE class this month will be held on Saturday, July 13 at 11:00 AM. This is more of a clinic in which we go over the correct form for the important exercises that we do in the Group Barbell class. I keep saying this but if you are of a certain age – let's say 40 and your body is just not cooperating, and you haven't tried lifting weights – now is your chance. Look at the research – as we age it is one of the most important things, we can do for ourselves. This clinic will show you the proper way to do things so you won't get hurt and we can figure out how to modify for you if needed!

Intervals Outside – We move this class outside once a month – this month it's on Wednesday, July 24th at 8:30!

Zumba Toning – We are having a blast in this class – less dance, more toning with fun weights that rattle! This month try it out on Thursday, July 18 at 6:30 PM and/or Friday, July 19 at 9:20 AM

Power Yoga – Amy and Becca will be team teaching this class on Thursday, 7/18 at 10:45 AM and Becca will teach it on Saturday, July 20 at 10:15 AM.

Email

Please send your e-mail address to me at my Township e-mail address, nancy.triscuit@cranberrytownship.org and you will be sent the new calendar and be notified of any last-minute schedule changes – if it's not too last minute! Feel free to send suggestions, questions and comments as well!

Facebook Page

“Like” our “Cranberry Township Group Fitness” page to get all that latest information about our Group Fitness classes, interesting articles and recipes and last-minute sub info.