

JULY 2020

Virtual & Outdoor Exercise Schedule



The Mark Green Sports Center offers virtual fitness classes through Zoom. Get in shape from the comfort of your own home. Registration is open!

[Click Any Class for For More Information.](#)

Outdoor Fab Fit

w/Carmen

Mon

9:30AM

Fab Fitness is a fun circuit-style class set to great music! Using aerobic movement, hand-held weights, and floor work, this class give you a total body workout in just one hour! Easy to learn movements set in a fun, non-intimidating environment! Come join the fun, make some new friends. This class will be held right in the Mark Green Sports Center Parking Lot under the shade of our Solar Panels.

Senior Fitness

w/Mike

Mon/Fri

10:15 AM

Swingin' Sixties to Nifty Nineties. This energetic class is geared to (but not limited to) enthusiasts ranging in ages from their sixties to their nineties. Light to moderate aerobics, strength training, and flexibility exercises will be the focus of this class. (Virtual Class)

Tabata Circuit Training

w/Rob & Jessica

Tues/Thurs

8:00 AM

Get your heart and muscles pumping to start your day. This total body workout will challenge your cardiovascular and muscle strength and endurance through body weight exercises in short but intense bursts of movement with minimal rest. (Virtual Class)

Fighting Fit

w/Mike

Tues/Thurs

9:00 AM

This class combines aerobics, plyometrics, body-weight exercises, with adapted Tae Kwon Do kicking techniques and Boxing footwork, defensive drills, and punching techniques that will work your heart rate, strengthen your legs and core, increase muscular definition, burn calories, and make you sweat! (Virtual Class)

PWR! Moves*

w/Rob & Jessica

Tues/Thurs

10:30 AM

(Parkinson's Exercise Class)

PWR! Moves is a class and exercise program created by a neuro-physical therapist, Dr. Becky Farley at the University of Arizona. This class aims to maintain and restore skills that deteriorate and interfere with everyday movements. The 4 main movements of this program can be adapted and progressed into multiple postures (floor, all 4's, sitting, and standing). (Virtual Class)

Brazilian Boom Boom

w/Jessica

Wed

9:30 AM

No ticket needed to party like your in Rio. This class is a high energy dance class that is guaranteed to get your heart pumping and body moving. This class combines various styles of Brazilian Dance moves and gives it a fitness twist. (Virtual Class)

To register, please visit www.unioncity.org/reg Or call (510) 675-5600 or email robertmagbanua@unioncity.org