

SilverSneakers

BOOM™



at Indoor Sports Complex

TUESDAYS

11:15AM-12:15PM

INSTRUCTOR: BENICIA DUNCAN

MOVE IT & MIND FORMAT

In the first part of the class you will dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout. The second part of the class you will focus on improving balance and flexibility through movements inspired by yoga and Pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout.

THURSDAYS

11:15AM-12:15PM

INSTRUCTOR: NANCY STEVENS

MUSCLE & MIND FORMAT

This class starts with an action-packed workout using weights and featuring athletic moves taken from your favorite sports like golf and tennis. Then move to focusing on improving balance and flexibility in the second part of the class inspired by yoga and Pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout.

www.wcparksandrec.com

WILLIAMSON COUNTY
PARKS & RECREATION



SilverSneakers®
by Tivity Health