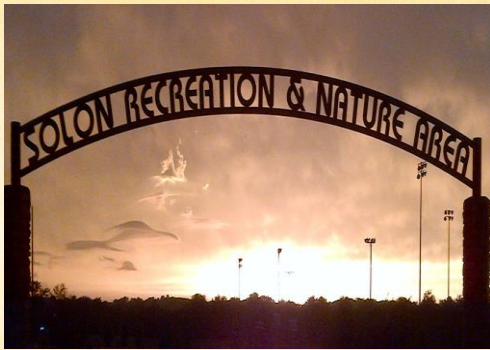


SOLON PARKS & RECREATION

Adult Recreation Programs



The mission of the Solon Parks and Recreation Department is to provide recreational activities for all people in the community of Solon. Furthermore, the Solon Parks and Recreation Department plans, develops, and maintains quality parks along with meeting the needs for community leisure and recreational opportunities. Fees for all adult recreation activities for Solon residents are \$50/person, \$60 for non-residents. Registrants buy a 10-punch

card which can be used for any of the activities below.

ADULT PROGRAMMING

Yoga: Yoga postures develop strength, flexibility, balance, and stamina. All systems of the body are affected: muscular, skeletal, circulatory, respiratory, digestive, reproductive, endocrine, lymphatic, and nervous. The stillness of the poses provides an opportunity to focus inwardly on the breath. The close attention of the mind to body and breath enhances concentration, reduces stress, stabilizes the emotions, and allows for a sense of inner peace. Check the Solon Parks and Rec website for class times, dates, and locations.



SOLON PARKS AND RECREATION

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website: http://solon-iowa.com/council_boards-commissions/parks-and-recreation/

facebook: Solon Parks and Recreation



Adult/Senior Fitness



Zumba



Cardio Kickboxing



Boot Camp

SOLON PARKS & REC Adult Programming (cont'd) p2

Zumba: Are you looking for a fun exercise that will give you a healthier lifestyle? Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness. Zumba is a Latin-inspired, easy to follow, calorie burning fitness dance party that's moving millions of people toward joy and health! Before participants know it, they're getting fit and their energy levels are soaring! All fitness levels welcomed!! Check the Solon Parks and Rec website for class times, dates, and locations.

Boot Camp: This class includes a variety of exercises, including resistance training and body weight exercises, to elevate your heart rate and burn calories. It will increase total body strength, improve your present cardiovascular state, and increase endurance for all fitness levels.

Cardio Kick Boxing: Tone and tighten your arms, legs and core with every jab, kick and punch in this exciting cardio workout. Elements of boxing, martial arts and aerobics are used to provide overall conditioning, cardio, strength, and flexibility. The main intent is to increase fitness through movement, while including aerobic exercises intended to strengthen all muscles of the body with basic choreography. Check the Solon Parks and Rec website for class times, dates, and locations.

Adult/Senior Fitness: This class uses a variety of dynamic exercises that increase strength, flexibility, and endurance. It is focused for ages 55 and older, but easily adapted for younger ages. Check the Solon Parks and Rec website for class times, dates, and locations.