



This summer will feature five different Zumba® offerings all led by Lucy M. Croft, Licensed Zumba® Fitness Instructor. Lucy is an RN and operates LMC Fitness LLC. FUN is her business! Check out class information and details below:

\*Please note that staff and participants should be prepared to be flexible when it comes to adhering and adjusting to possible COVID-related guidelines throughout the summer. In our ever-changing environment, specific guidelines for this program will be sent out to each participant prior to the start of the summer session.

### Zumba® Ages 18+

Perfect for everybody and every body! This 60-minute class is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. YOU get boosted energy and a serious dose of awesome each time you leave class. Zumba® takes the “work” out of workout by mixing low and high intensity moves for an interval-style, calorie burning dance fitness party. Ages 18+. Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor

**Location:** Miller Park Pavilion, Main level

Day	Dates	Time	Cost
M	June 7 - July 19 (not 6/21)	9:00 - 10:00 am	\$50
M	Aug. 2 - Sept. 13 (not 9/6)	9:00 - 10:00 am	\$50

### Zumba® Gold Ages 18+

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Ages 18+. Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor

**Location:** Miller Park Pavilion, Main level

Day	Dates	Time	Cost
M	June 7 - July 19 (not 6/21)	10:30 - 11:30 am	\$50
M	Aug. 2 - Sept. 13 (not 9/6)	10:30 - 11:30 am	\$50

### Zumba® Toning Ages 18+

The challenge of adding resistance to the FUN of Zumba® by using Zumba® Toning Sticks (*or light weights*), helps you focus on specific muscle groups, so you (*and your muscles*) stay engaged! Maraca-like toning sticks enhance sense of rhythm and coordination while toning target zones including arms, core and lower body. Ages 18+. Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor

**Location:** Miller Park Pavilion, Main Level

Day	Dates	Time	Cost
W	June 9 - July 14	9:00 - 10:00 am	\$40
W	July 28 - Sept. 1	9:00 - 10:00 am	\$40

### Zumba® Gold Toning Ages 18+

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (*loss of skeletal muscle mass*). Walk in ready to have a blast and tone up! Leave exhilarated and empowered! Ages 18+. Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor

**Location:** Miller Park Pavilion, Main Level

Day	Dates	Time	Cost
W	June 9 - July 14	10:30 - 11:30 am	\$40
W	July 28 - Sept. 1	10:30 - 11:30 am	\$40



### Aqua Zumba® Ages 18+

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Water shoes are ok to wear if needed. Due to COVID precautionary measures, no day passes will be offered. Session must be registered for in full. Ages 18+. Instructor: Lucy Croft, Licensed Zumba Specialties Instructor

**Location:** Holiday Pool

**Time:** 8:00 - 9:00 am

Day	Dates	Cost
Th	June 10 - July 22	\$70
<i>(make-up classes on 7/29 &amp; 8/5 if necessary)</i>		

## Pickleball All Ages

Make sure you take advantage of some wonderful summer weather by getting outside and playing some pickleball! Rollingbrook Park (1002 S. Hershey Blvd.) has nine beautiful courts just waiting to be enjoyed. Whether you have yet to discover this fun paddle sport created for all ages and skill levels or you are already a part of one of the fastest growing sports in the country, head on out to the courts to find a game waiting for you! Once the time is right, we will once again be offering indoor Pickleball open gym times throughout the year, so stay tuned.



## Adult co-Ed Kickball Ages 16 +

Gather up some friends and get ready to relive your P.E. glory days! Adult Co-Ed Kickball is a great way to get those competitive juices flowing while still just having FUN! Teams will play an 8 game season on Thursday evenings at Pepper Ridge Park, culminating with an end of season single elimination tournament. Team fee is due at registration and the signed team roster is due by the first game. Teams may register online or by emailing or faxing a team registration form. At this time, no in-person registration will take place. Check out [www.bloomingtonparks.org](http://www.bloomingtonparks.org) for more league specific rules and information.

**Recreational League:** Pepper Ridge Fields

Thursdays, June 17 - Aug. 19

\$129/team

*Register early limited spots available.*

## Fall Co-Ed Volleyball Leagues Ages 16 +

This Fall, opportunities are available for recreational, intermediate and advanced co-ed volleyball teams. All leagues are unofficiated, as teams make their own calls. Matches could be scheduled from 6:00 - 10:00 pm. Deadline to register a team for the Fall League is August 19. Team fee is due at registration and the signed team roster is due by the first match. Teams may register online or by emailing or faxing a team registration form. Please note that at this time, in-person team registration at the office will not be an option. More league specific information and rules can be found at [www.bloomingtonparks.org](http://www.bloomingtonparks.org).

**Recreational League:** Location TBA

Thursdays, Sept. 23 - Dec. 9

\$129/team

**Intermediate League:** Location TBA

Tuesdays, Sept. 28 - Dec. 7

\$129/team

**Advanced League:** Location TBA

Tuesdays, Sept. 28 - Dec. 7

\$129/team

