

# Adult Sports & Fitness Programs

## Adult Beginner Tennis

Ages 16 & over

Beginner to novice players are welcome. Emphasis is on introducing the serve, footwork, volleys, and ground strokes. Play and scoring will be introduced.

## Adult Intermediate/Advanced

Ages 16 & over

A continuation of the Adult Beginner class, but more skill is expected of the student. Consistency of ground strokes, serves, and volleys are developed during play. More advanced techniques and strategies are introduced and incorporated into singles and doubles play.

## Aqua Zumba®

Are you looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

## Zumba®

Zumba® takes the "work" out of workout by mixing low and high intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

## Zumba® Gold

Perfect for active adults looking for a modified Zumba® class that recreates the original moves at a lower-intensity. This class is designed to focus on balance, range of motion and coordination.

## Zumba® Gold Toning

Perfect for active adults who want to focus on muscle conditioning and light weight activity. This class moves at a slower pace than Zumba® Toning with a redefining total body workout using Zumba® Toning Sticks (provided by instructor).

## Fall Co-Rec Volleyball

Get your team together for a fun volleyball experience! Opportunities are available for recreational, intermediate and competitive volleyball teams. All leagues are unofficiated. Each team is required to make its own calls. Games are scheduled from 6:00 - 10:00 pm.

Fall league team registration deadline is August 17.

## Fall Pickleball Open Play

Pickleball is one of the fastest growing sports in the United States and it's easy to learn and fun to play! Loaner equipment is available during open play hours. Call Denise (434-2260) to schedule time with one of our terrific instructors if you are new to the game and want some help getting started. Once you start playing, you won't want to stop!

 CITY OF *Bloomington* ILLINOIS  
PARKS, RECREATION & CULTURAL ARTS



**309-434-2260**  
OR  
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