

INTRODUCING THE **FITZONE**

HOOVER RECREATION CENTER

One to Two Persons
Per Session

SIGN UP. GET FIT. BURN CALORIES.

FREE FOR ALL AGES WITH THREE CLASSES TO CHOOSE FROM



KINECT™
for  **XBOX 360**

SCHEDULE AN ORIENTATION
ALL CLASSES ARE **FREE**

have fun and get fit in the
KID FIT CLASS

30 minute session (For Ages 6 and up)

Monday through Thursday
sessions available

TAKE A CLASS WHEN YOU WANT TO



NIKE VIRTUAL TRAINER

Sign up for a virtual training session
(For Ages 15 and up)

Daily one hour sessions available

**SEE FRONT DESK
FOR MORE INFORMATION**

PERSONAL ZUMBA

One to One Zumba that fits your schedule
Daily one hour sessions available

REQUIRES
KINECT™ SENSOR



ZUMBA®
fitness

CORE

PARTY YOUR
ABS OFF

RATING PENDING