

# Manager's Report

## Demo Classes

Recently, the Parks and Recreation Department offered a variety of demonstration fitness classes. These demos ranged from TRX (Total Body Resistant Exercise), Ashtanga Yoga, Yamuna Body Rolling and Cycle Express, some of which will be classes offered in 2017.



The department offers a wide variety of fitness classes at varying levels of intensity and times to accommodate most schedules and help our participants reach their fitness goals. 71 people participated in these demos offered over a two-week period.