BOOT CAMP INTERVAL TRAINING
with LAURIE SHORT

By alternating two minute bouts of cardio and strength stations in a circuit format, this 65 minute class is designed to improve your cardiovascular fitness, strength and agility. The cardio segments are sports related movement drills that will incorporate tires, jump ropes, cones, low hurdles, ladders and agility domes. Strength exercises will focus on core, upper and lower body muscle effort using the resistance of dumbbells and exertubes or bands. Train at you own pace…..suitable for all fitness levels.

Requirements: One pair of 5, 6, 7 or 8 lbs dumbbells, a water bottle, towel and mat. Cross training shoes are most preferable since running shoes do not provide stability for lateral movements…Dress to sweat!!! A materials/equipment fee of $20.00 will be collected at the first class. Future participation in this program will require an additional $20.00 every year from your initial date of enrollment.

JANUARY 4 THROUGH MARCH 25
MONDAYS AND THURSDAYS, 7:00 – 8:05 P.M.

COST:

RESIDENTS:	$45/person (payable to Town of Southold)
NON-RESIDENTS:	$55/person (payable to Town of Southold)
	$20/person (to be brought to the first class; cash or check made payable to Laurie Short)
LOCATION:	Greenport High School Cafeteria/Gym

Class will not be held on January 7, 18, 21, February 4, 15 & 18
There may be a few additional dates the school needs for various functions.

◆◆

STRENGTHEN SCULPT & STRETCH
with LAURIE SHORT

Get stronger: increase lean muscle mass thereby increasing metabolism (the rate at which you burn calories). Class format follows the “Rep Reebok” guidelines and formulas for increasing muscle endurance and strength. Participants will perform 2-3 sets of 11-12 basic strength training exercises. Class ends with flexibility training using static stretches and relaxation techniques. See and feel results with sculpted definition, better posture and enhanced wellbeing that are both physical and mental. Requirements: 2 pairs of dumbbells (one pair 6, 7, or 8 lbs and one pair of 4 or 5 lbs) a workout mat, and a water bottle.

JANUARY 4 THROUGH MARCH 25
MONDAYS AND THURSDAYS, 8:15 – 9:15 P.M.

COST:

RESIDENTS:	$50/person (payable to Town of Southold)
NON-RESIDENTS:	$60/person (payable to Town of Southold)
LOCATION:	Greenport High School Cafeteria/Gym

Class will not be held on January 18, February 15 & 18
There may be a few additional dates the school needs for various functions.