

## ***CLASSES***

***Monday & Thursday***

***6:30 p.m. – 7:30 p.m.***

***Cost:***

***\$20 per month/***

***\$5 per session***

***Walk-Ins Welcome!***

## **Glass Recreation Center**

### **Days Of Operation**

**Open**

**7 a.m. to 10 p.m.**

**Monday-Friday**

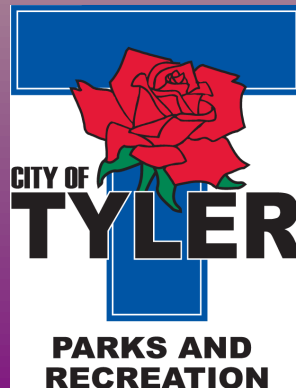
**&**

**9 a.m. to 3 p.m. on**

**Saturdays**

**Closed Sundays**

For more class information please check our website at [www.tylerparksandrec.org](http://www.tylerparksandrec.org) or you can call 903-595-7271.



## **TYLER PARKS & RECREATION GLASS RECREATION CENTER**

### ***Step Aerobics***



**Glass Recreation Center  
501 W. 32nd Street  
Tyler, TX 75702**

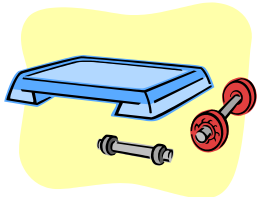
**903-533-1397**

## ***FITNESS BENEFITS***



- ◆ ***Decreases risk of coronary heart disease***
- ◆ ***Reduces blood pressure***

- ◆ ***Decreases body fat***
- ◆ ***Lowers cholesterol level***
- ◆ ***Decreases stress level***
- ◆ ***Enhances self-image, esteem, and confidence***



## ***STEP AEROBICS***

*Step Aerobics utilizes stepping up and down a platform, which offers a moderate to high intensity cardiovascular workout with low impact stresses. Intensity of this class can be individualized by changing the platform height and use of propulsion. Classes consist of warm-up and stretches, followed by low to moderate exercise increasing to a high intensity full aerobic workout.*

***Program Instructor  
Debbie Broughton***

## ***REGISTRATION***

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TEPHONE \_\_\_\_\_  
ALT. PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_

### ***WAVIER***

In consideration of being allowed to be a participant in this activity, I do hereby waive, release and discharge the City of Tyler, their employees, representatives and executors from any responsibilities/liability for injuries resulting from my participation.

Signature

Date