

Mayor Vergano and Wayne Community Center

CARDIO/H.I.I.T WORKOUTS

Fitness Classes at the Wayne Community Center,
1 Pike Drive, Wayne.

- **Kickboxing** – A high-energy workout that blends martial arts with cardio for a full-body burn. (class on Mondays and Tuesdays)
- **HIIT (High-Intensity Interval Training)** – Short bursts of intense exercise followed by recovery periods for maximum results. (class on Wednesdays and Saturdays)
- **Sports Step** – A fun, athletic-style step class that improves agility, coordination, and endurance. (class on Thursdays)
- **Group Active** – A total-body workout in just 60 minutes! Cardio, strength, balance, and flexibility set to motivating music. (class on Tuesdays and Fridays)
- **Strong Nation®** – A fusion of cardio and strength training for endurance, lean muscle building, and increased power. (class on Fridays)
- **Pound®** – A full-body workout that combines cardio, conditioning, and strength training with drumming for an electrifying experience. (class on Mondays, Wednesdays, and Fridays)
- **Interval, Weights and Kickboxing** – Rounds of fun Cardio, Kickboxing combos paired with strength training using timed circuits with dumbbells. Finish with core work and a stretch to energetic music. (class on Wednesdays)
- **Interval Training** – Rounds of fun Cardio paired with strength training using timed circuits with dumbbells. (class on Tuesdays)
- **Heavy Bag Boxing** – Heavy bag boxing is a high-intensity workout where you punch and move around a weighted bag to build strength, power, and endurance. It improves technique, coordination, and stamina while burning calories and relieving stress. (class on Thursdays)

Non-Member, \$ 12.00 per class

Standard Member, \$8.00 per class

Premium Member, included with membership

Register online at www.waynetownship.com/parks or in person at Wayne Community Center, 1 Pike Drive, Wayne.

Questions? Call 973-595-0100 or email

wtcc@waynetownship.com

