

Fitness



Fitness and Wellness Programs

The mission of the fitness and wellness department is to offer comprehensive, quality programs and services that will enhance healthy lifestyles and enable our community to achieve a healthy mind, body and spirit.

The Trails provides opportunities for participants of all ages to learn the fundamentals of proper exercise and good nutrition for optimum wellness.

Fitness and Wellness:

The Trails Recreation Center offers a large variety of classes to meet your fitness and wellness needs. We have 2 fitness rooms that allow classes such as, cycling, strong, cardio kickboxing, fit ball, pilates, beginning step, yoga and much more.

All classes are included with a pass purchase. The current listing can be viewed on-line or picked up at the front desk.

We also offer weight training classes. You can make an appointment with a personal trainer to help out with meeting your fitness goals. For a current schedule check out our website www.aprd.org.

Youth Fitness Classes

Make fitness fun with one of these classes:

- Youth Fitness Classes for 10-12 year olds
- Teen Fitness Classes for 13-15 year olds
- Youth Yoga
- Youth Endurance Training

Adult Fitness Classes

Classes for adults ages 18 and up:

- Total Body Conditioning
- Boot Camp
- Stroller Motion: an ideal workout in the great outdoors while using your stroller.
- Aqua Fitness Classes

Personal Training

Our knowledgeable certified personal trainers can help teach you new techniques and guide you step by step towards achieving the results you want. Sessions are personalized and available for all ages and fitness levels.

- Adult Personal Training for ages 18 and up.
- Youth Personal Training for ages 13-17 years old.
- Sport Specific 1 on 1 Training for youth and adults.
- Buddy Training: you and a buddy getting fit together.

Wellness Programs and Seminars

Overall wellness advances beyond exercise and that is why the Trails is devoted to bringing in experts in the fields of nutrition, fitness testing, and biomechanics, to name a few. Refer to the current Trails Recreation Center catalog for listings and explore the possibilities.

Summit Cancer Program

The Trails is now offering classes through the Summit Cancer Solutions Program to adult cancer patients and survivors.