



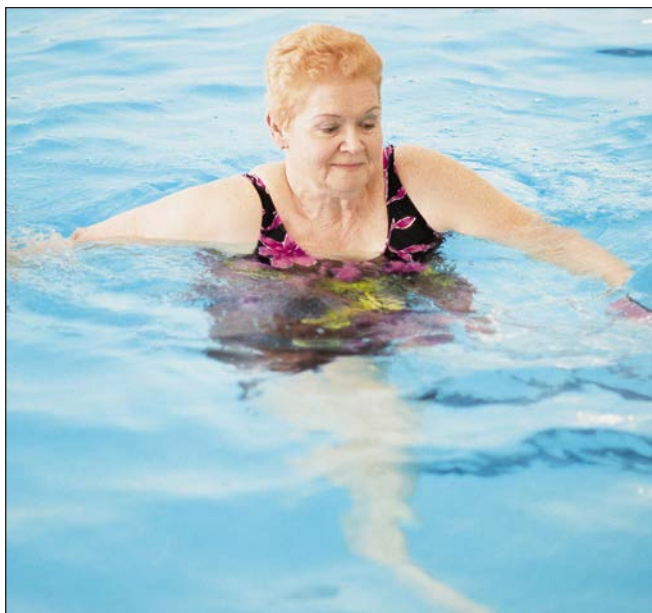
Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor. Lucy is an RN and operates LMC Fitness LLC. She is currently teaching 7 different specialty classes with ZUMBA Fitness. FUN is her business.

Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Water shoes are ok to wear if needed. Due to COVID precautionary measures, no day passes will be offered. Session must be registered for in full. Ages 18+. **Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor**

Holiday Pool

Day.....Dates..... Time..... Fee
 ThJune 9 – July 21 .. 8:00-9:00 AM.....\$70
 make up classes on 7/28 & 8/4 if necessary



Zumba®

Perfect for everybody and every body! This 60-minute class is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. YOU get boosted energy and a serious dose of awesome each time you leave class. Zumba® takes the “work” out of workout by mixing low and high intensity moves for an interval-style, calorie burning dance fitness party. Ages 18+. **Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor**

Miller Park Pavilion, main level

Day... Dates..... Time..... Fee
 M.....May 16 – June 27 9:00-10:00 AM \$55
 (no class 5/30)
 M.....July 18 – August 29 9:00-10:00 AM \$55
 (no class 8/15)

Zumba® Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Ages 18+. **Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor**

Miller Park Pavilion, main level

Day.....Dates..... Time..... Fee
 M.....May 16 – June 27 10:30-11:30 AM \$50
 (no class 5/30)
 M.....July 18 – August 29.... 10:30-11:30 AM \$50
 (no class 8/15)

Zumba® Toning

The challenge of adding resistance to the FUN of Zumba® by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Maraca-like toning sticks enhance sense of rhythm and coordination while toning target zones including arms, core and lower body. Ages 18+. **Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor**

Miller Park Pavilion, main level

Day..... Dates..... Time..... Fee
 W.....May 18 – June 22 9:00-10:00 AM \$55
 W.....July 6 – August 17 9:00-10:00 AM \$55
 (no class 8/10)
 W.....August 31 – October 5.... 9:00-10:00 AM \$55

Zumba® Gold Toning

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up! Leave exhilarated and empowered! Ages 18+. **Instructor: Lucy M. Croft, Licensed Zumba® Fitness Instructor**

Miller Park Pavilion, main level

Day..... Dates..... Time..... Fee
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Co-Ed Volleyball Leagues

This Fall, we're optimistic that this league will be back! Opportunities are available for recreational, intermediate and advanced co-ed volleyball teams. All leagues are un-officiated, as teams make their own calls. Matches could be scheduled from 6:00 PM -10 PM depending on number of teams registered. Team fee is due at registration and the signed team roster is due on site at the first match. Teams must register online as at this time, in-person team registration at the office will not be an option. Registration deadline is September 12. If you do not have a team but would like to play, you can email nmckenry@cityblm.org and be added to the league's Free Agent list. More league specific information and rules can be found at www.bloomingtonparks.org.

Ages 16+

League	Night	Dates	Gym Location	Team Fee
Recreational	Thursday	10/6 – 12/15	TBA	\$129
Intermediate	Tuesday	10/4 – 12/13	TBA	\$129
Advanced	Tuesday	10/4 – 12/13	TBA	\$129



Co-Ed Adult Summer Soccer League

- Season starts June 1st for this 11 v. 11 co-ed league ran in conjunction with Midwest Sports Inc.
- Matches will be scheduled on Wednesday evenings. If number of teams registered necessitates, matches may also be played on Tuesday evenings. Matches cancelled due to weather will be attempted to be made up on Thursday.
- Eight game regular season plus one seeded game at the conclusion of the season.
- Season runs June 1st – August 3rd. • All matches at Sale Barn Fields.
- \$700 team entry fee due upon registration.
- If you do not have a team but would like to play, you can email nmckenry@cityblm.org and be added to the league's Free Agent list.
- Must register by May 17.



FUNdamental Hockey (Ages 3 – 8)

Players will be introduced to basic hockey and skating skills utilizing fun games. Players will learn basic skating, shooting, passing, and SCORING!

*Players will need to bring a hoodie, sweatpants and hockey or winter gloves. Skates, helmets, and sticks will be available to borrow for the practice.

Location: Bloomington Ice Center

Fee: \$45

Ages	Day	Dates	Time
3-5	Sat	6/11 – 6/25	12:40-1:20 PM
6-8	Sat	6/11 – 6/25	12:40-1:20 PM

Pickleball

Make sure you take advantage of some wonderful summer weather by getting outside and playing some pickleball! Rollingbrook Park (1002 S. Hershey Blvd.) has nine beautiful courts just waiting to be enjoyed. Whether you have yet to discover this fun paddle sport created for all ages and skill levels or you are already a part of one of the fastest growing sports in the country, head on out to the courts to find a game waiting for you! Once the time is right, we will once again be offering indoor Pickleball open gym times throughout the year, so stay tuned.



SAVE THE DATE!
HILL OF A RACE
 Obstacle Run!
 Saturday, August 27