

**The following programs are cosponsored by Scituate  
Public Schools “Live Well PEP Grant”**

**YOGA FOR TEENS GRADES 7-12: The Recreation’s Multi-Purpose Room at Scituate High School.** Gita Brown, MM, MT-BC, is offering a course for teenagers. Join us for a relaxing 45-minute class which will help you increase concentration, flexibility, coordination, and posture. Suitable for the novice as well as athletes as a cross-training device, this simple style of yoga will bring a sense of balance and awareness to your life. Please wear loose and comfortable clothing. Dressing in layers is recommended. **8 weeks.** *(No Class 11/8/11)*

**(1500.204) Tuesdays: 10/11/11 – 12/6/11 from 2:30 to 3:15 p.m.**

**Fee: FREE (must register)**



**Teen ZUMBA The Recreation’s Multi-Purpose Room at Scituate High School.** Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while

they’re at it? This course is a fast forward fusion of the Zumba program’s moves, Salsa, Cumbia, Reggaeton, Hip Hop and more. The

workout designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can’t wait to get into the Zumba groove.

Watch their energy and fitness levels soar! Grades 7 – 12. **8 weeks.** *(No Class on 11/24/11)*

**(6000.201) Thursdays: 10/13/11 – 12/8/11 from 3:00 to 4:00 p.m.**

**Fee: FREE (must register)**

**SCITUATE STATIONARY CYCLING for GRADES 7 -12: Scituate Recreation Multi-Purpose Room at Scituate High School.** 45 minutes of high-energy group exercise designed especially for teens, which incorporates music, camaraderie and visualization, followed by 15 minute cool down & stretching. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. Instructor will accept music requests weekly.

Instructor: Ellen Burke. **8 weeks.** *(No Class 11/11/11 or 11/25/11)*

**(3900.208) Fridays: 10/14/11 – 12/16/11 from 3:45 to 4:45 p.m.**

**Fee: FREE (must register)**

For more information, please call the Recreation Department at 781-545-8738. Registration forms can be found on the Town website at:

<http://www.town.scituate.ma.us/cgi-local/viewnews.cgi?category=1&id=1317047711>