



**FOR IMMEDIATE RELEASE**  
**August 19, 2014**

### **Brookhaven Parks and Recreation Announce Fall Programming**

**Brookhaven, GA** - The City of Brookhaven Parks & Recreation department announces the 2014 Fall Programming and Activities. All classes and programs will be held at the Lynwood Community Center starting tentatively the week of September 8.

#### **Boot Camps**

**Tabata (M/W/F)** - 8 week interval training. Includes online virtual training component.

**Combat Fat (T/TR)** - 6 week class mixes high intensity calisthenics and striking intervals with some resistance.

#### **Youth Fitness**

**KIDS Fit (Sat)** - Youth class includes races, games, balance exercises, and stretching.

#### **Gymnastics**

**Stepping Stones (T or TR)** - First exposure to gymnastics skills for ages 18 mos. to 2 years.

**Tumbling Tots (T or TR)** - Covers the basics of gymnastics for 2-3 year olds

**Pre- Gym I (T)** - Introduces 3-4 year olds to bars, beam, floor and vault routines

**Pre-Gym II (TR)** - Class for 4-5 year olds that includes instruction on bars, beam, tumbling and vault.

#### **Adult Fitness**

*\*\*All classes bundled together\*\**

**HIT off Your Weekend (Sat)** - High intensity interval training.

**BRING on the HEAT (T/TR)** - Includes circuits, cardio, strength training, and plyometrics.

**TNT (Fri)** - Tone and tighten. Low impact resistance training.

**Triple C (M/W)** - Includes cardio, core, and circuit training.

**Fit in 50 (M/W)** - Low impact class uses gliders, resistance bands, bender balls, and body weight.

#### **Art**

**Art Stars (TR)** - Uses wide range of materials and techniques for ages 6-9

**Exploration Drawing for Teens (T)** - Builds on basic drawing principles for 13-17 year olds.

**Beginning Drawing for Adults (T)** - Build a foundation to make drawing more rewarding.

**Inquisitive Painting for Adults (TR)** - Expand on basic techniques to improve painting skills.

**Mosaic Art Workshop (Sat)** - 5 week class for 8-16 year olds to explore the world of creating mosaic art

For more information regarding prices, dates and locations contact Philip Mitchell, Recreation Manager at 404.637.0512 [philip.mitchell@brookhavenga.gov](mailto:philip.mitchell@brookhavenga.gov) or visit [www.brookhavenga.gov/city-departments/parks-recreation](http://www.brookhavenga.gov/city-departments/parks-recreation)

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