

Harbor Springs Parks & Recreation

Director: Dennis McDermott
(231) 526-2104



Harbor Springs Parks and Recreation is offering free exercise programs at Zorn Park with classes starting Monday, August 3, 2020. Please bring a mat or towel, it's fun, it's free and it's for everybody.

ZUMBA: Monday (5pm- 6 pm)

Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™ that will leave you wanting more! No dance experience needed, just a desire to sweat and have fun.

TIGHT & TONED: Tuesday (9am-9:45 am)

Sculpt your entire body while building muscle through small movements and isometric work. This 45-minute class will use body weight exercises to tone your arms, legs, butt and abs. This challenging class accommodates all fitness levels.

STRETCH FOR LIFE: Thursday (9am-10 am)

It's a fact that we begin to lose our range of motion as we age. The old saying "if you don't use it you lose it" couldn't be truer in this case. By doing some simple stretches every day, we can keep our muscles long and agile for life. This class will provide an easy to follow and easy to practice foundation for maintaining flexibility and range of motion. This is a class for any age, any fitness level and is senior friendly, and Instructors will only use static stretches to avoid the possibility of injury or hyperextension. Techniques will be incorporated into this class to promote and improve balance; something we can all use to avoid unnecessary falls.

Instructor: Jeanne Schaberg

Social distancing practices are a priority for all classes.