



City of Bristol Tennessee

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Parks and Recreation announces the spring line-up of classes including a new Bridal Camp

Even with Mother Nature seeming to be caught up in her own little frenzy of ‘its winter, no its spring, no its winter’ the City of Bristol is moving forward with its new and exciting spring programming line-up.

There are a number of new classes being offered this year for both youth and adults. One of the more requested classes for this time of year is the new, “Bridal Fit Dress Camp”. This class is for Bristol brides and bridesmaids who want to look their very best for the big day. Another new class is the Tabata class which offers easy to follow, high intensity interval training; an all-around cardio workout. It is open to all fitness levels. Some may prefer the Tai Chi and Meditation class which features a slow and gentle style of movement that helps with balance, flexibility and stress reduction. The class ends with relaxation and an introduction of ways to meditate.

For those not particularly interested in physical activity, there is another great new class being offered, the Drawing class. This class is a studio type production class that teaches one to create a painting from start to finish in pencil, charcoals or whatever you prefer. It is open from age 12 to adult and is a great activity for families. Class size is limited to 12 students. A well-known instructor, James Wynegar will be teaching the class.

The always popular ZUMBA, Yoga, Ballroom Dancing and other classes are available. Classes are open to all ages unless noted otherwise. Pre-registration is required for evening classes. Register at Parks and Recreation during regular business hours of 8AM-5PM, Monday through Friday located at 325 McDowell Street.

For additional information on classes please contact the department at 423-764-4048.