

TWO-STEP, BEGINNER/INTERMEDIATE

Ages: 16 and Up. Enrollment Min 8 / Max 30. A mainstay of every country dance venue in the world, Two-Step is a traveling dance to moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214145 A	TWOSTEP	F	6:30-9PM	4/10	CB-CR1&2	\$15

NIGHT CLUB SWAY WORKSHOP

Ages: 16 and Up. Enrollment Min 12 / Max 30. Tired of doing the high school waddle when you and your partner slow dance? Learn the Ultimate Slow Dance, Night Club Sway. Learn the basics and fundamental moves that allow you to move smoothly, fluidly and with style and grace on the dance floor. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114140 A	NHTCLUB	F	6:30-9PM	2/20	CB-CR1&2	\$15

LINE DANCE WORKSHOP

Ages: 16 and Up. Enrollment Min 12 / Max 30. Come and join the worldwide phenomenon that is Line Dancing. Learn some of the foundational elements of all Line Dances. Various styles of music will be used along with different rhythms. Learn classic dances as well as current dances that are done all over the world. Learn to "look good and dance easy" on the dance floor. This is a lifetime activity available to people of all ages.

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214140 A	NHTCLUB	F	6:30-9PM	5/1	CB-CR1&2	\$15

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 20 / Max 40. It's time to dance! You have learned all the steps, now you and your partner want to get out for an evening. Where can you go? Come to the Community Building for the "Ultimate Dance Party." For two hours, you will have the opportunity to dance two-step, waltz, East Coast Swing, West Coast Swing, salsa, cha-cha and other dances. Come dance your favorite dance to some great music. The Community Building is a smoke-free, alcohol-free environment, so you can dance the night away. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114160 A	ULTDANCE	S	7-9PM	1/17	CB-CR1&2	\$8
114160 B	ULTDANCE	S	7-9PM	2/21	CB-CR1&2	\$8
214160 A	ULTDANCE	S	7-9PM	3/21	CB-CR1&2	\$8
214160 B	ULTDANCE	S	7-9PM	4/4	CB-CR1&2	\$8
214160 C	ULTDANCE	S	7-9PM	5/2	CB-CR1&2	\$8

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 6 couples / Max 20 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Do you have two left feet? Have you never danced before? This class will provide a foundation in general social dancing to make your special day unforgettable. You will be introduced to the shared techniques of two or three social dances with the focus on timing and partner connection.

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114166 A	WEDCRASH	SU	2-5PM	1/25	CB-CR1&2	\$30
214166 A	WEDCRASH	SU	2-5PM	3/8	CB-CR1&2	\$30
214166 B	WEDCRASH	SU	2-5PM	4/12	CB-CR1&2	\$30

WEST COAST SWING

Ages: 16 and Up. Enrollment Min 6 couples / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Known as one of the most challenging of the lead-and-follow swing dances, West Coast Swing uses a wide range of styles and tempos of music — blues, rock, hip-hop and country. This class is loads of fun! **No class 3/15.**

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114165 A	WESTCST	SU	6:20-7:20PM	2/15-3/29	CB-CR1&2	\$60

WEST COAST SWING, BEGINNER/INTERMEDIATE

Ages: 16 and Up. Enrollment Min 8 / Max 30. Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slot-dance done to any style of slow and bluesy music whether it's Blues, Pop, or Country. Both 6-count and 8-count movements will be presented. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor. Lots of practice time. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214143 A	WCS	F	6:30-9PM	3/13	CB-CR1&2	\$15

FITNESS

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only because of space requirements but also the distraction of children to the instructor and class participants. **For senior classes, please check out classes for yoga, cycling, Pilates, Tai Chi and Zumba on the Life-Long Recreation page. For more information, please contact the Community Building at (785) 832-7920.**

MATS

Mats are no longer available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend on-going workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

AEROBICS — HIGH-INTENSITY/LOW-IMPACT ★★★

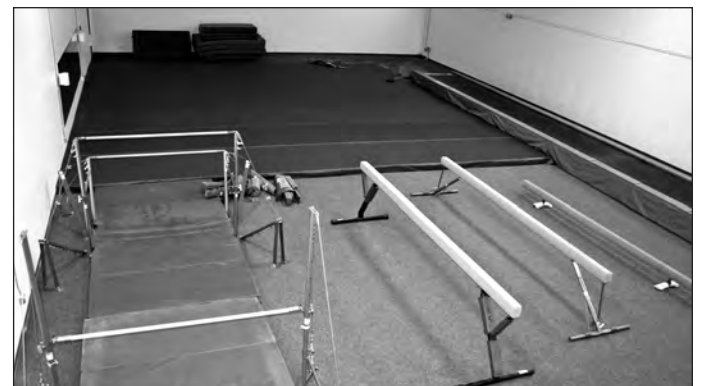
Ages: 16 and Up. Enrollment Min 10 / Max 75. This less-jarring method of burning fat enhances cardiovascular fitness while lessening the impact and stress on the lower legs. Benefits include: fewer injuries, burning of fat as effectively as high-impact aerobics, decreased body fat, increased lung capacity, strengthening the heart and reducing the resting heart rate. **Instructor: Vicki Lysen.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115152 A	HIGH/LOW	MW	5:30-6:25PM	1/5-3/4	HPRC-GY	\$54
215152 A	HIGH/LOW	MW	5:30-6:25PM	3/23-5/13	HPRC-GY	\$48

BARRE FITNESS ^{NEW} ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. An exceptional one-hour regime of ballet, pilates, strength and flexibility training using a ballet barre. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. The classes are choreographed to the hottest music in a fun, supportive and high-energy environment. Open to all levels. **Instructors: Tami Keasling (TK), Molly Gordon (MG).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115030 A	BARR(MG)	M	8-8:55PM	1/5-3/2	SPL-FR	\$34
115030 B	BARR(TK)	T	6-6:55AM	1/6-3/3	SPL-FR	\$34
215030 A	BARR(MG)	M	8-8:55PM	3/23-5/11	SPL-FR	\$30
215030 B	BARR(TK)	T	6-6:55AM	3/24-5/12	SPL-FR	\$30



KICK-BOXING TURBO ★★★

Ages: 16 and Up. Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and fun hip-hops. KBT is hot and produces astounding results! You will be kicking, punching, zig-zagging and toning your core as you are grooving away hundreds of calories in an action-packed, super fun moves! This class accommodates all fitness levels! Low and high impact will be demonstrated so you can work at your own pace! Join us to burn fat, have fun and kick your body into shape! **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115076	A KICKBOX	T	5:35-6:30PM	1/6-3/3	SPL-FR	\$34
215076	A KICKBOX	T	5:35-6:30PM	3/24-5/12	SPL-FR	\$30

KICKIN' CANCER ★★

Ages: 18 and Up. Enrollment Min 8 / Max 12. A specially designed program of gentle exercise for anyone who has experienced cancer. This class caters to all ages and at any stage of treatment, survivorships, caregivers or just bring a friend. This program will promote a safe return to physical activity and wellness through education, appropriate healthy exercise and emotional support. Tailored to each participant, the program and exercises are intended to meet the individual's needs and allow them to progress at a rate that is right for them. **Instructor: Susan Pomeroy, Certified Cancer Exercise Specialist**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115025	A KICKCAN	T	10:45-11:45AM	1/6-3/3	HPRC-BR	\$34
115025	B KICKCAN	T	6:30-7:30PM	1/6-3/3	LIAC-TWR	\$34
215025	A KICKCAN	T	10:45-11:45AM	3/24-5/12	HPRC-BR	\$30
215025	B KICKCAN	T	6:30-7:30PM	3/24-5/12	LIAC-TWR	\$30

MAX ABS ★★★

Ages: 16 and Up. Min 10 / Max 25. Max-Abs will target your core, which is the midsection of your body that supports the upper and lower body. Everyone needs a strong, healthy core to perform day to day tasks. To get ripped this class will improve the looks and strength of your core, we will zero in on the AB muscles, targeting the entire core. Max Abs will deliver faster, fitter and stronger core. Please bring mat to class.

Instructor: Christie Ogunnowo

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115124	A MAXABS	T	6:35-7:05PM	1/6-3/3	SPL-FR	\$26
215124	A MAXABS	T	6:35-7:05PM	3/24-5/12	SPL-FR	\$28

MEDITATE AND BREATHE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. **No class 4/5. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115014	A MEDBRE	SU	6-7:15PM	1/11-3/8	SPL-FR	\$45
215014	A MEDBRE	SU	6-7:15PM	3/29-5/17	SPL-FR	\$40

MEN'S ONLY ^{NEW} ★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Focusing on building strength and endurance, this class offers gender specific programming for the male physique. Including kettlebells, barbells, dumbbells, and lots of bodyweight exercise. **Instructor: Zack Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115041	A MENONLY	R	6-6:55AM	1/8-3/5	SPL-FR	\$34
215041	A MENONLY	R	6-6:55AM	3/26-5/14	SPL-FR	\$30



PARTNERS THERAPY ^{NEW} ★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. This class is designed and programmed for conditioning more than your body. Couples/partners/friends will be challenged mentally and physically under the encouraging and detailed coaching of the power couple Zach and Crystal. Combining weightlifting, cardio, and partner techniques in active release/massage therapy, this class is progressive, effective and healing. Child play area available! **Instructors: Crystal Shepherd, Zach Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115032	A PARTHER	SU	2-2:55PM	1/11-3/8	OMNI	\$45
215032	A PARTHER	SU	2-2:55PM	3/29-5/17	OMNI	\$40

PILATES ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. We focus on core muscles (hips, thighs and abdominals) that strengthen and tone through stretching as the body moves. Main principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115223	A PILATES	MW	5:35-6:30PM	1/5-3/4	HPRC-BR	\$54
215223	A PILATES	MW	5:35-6:30PM	3/23-5/13	HPRC-BR	\$48

PIYOKI ^{NEW} ★★

Ages: 16 and Up. Enrollment 10 / Max 25. A unique class combining yoga, ki work and pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm. Think sculpted abdominals and increased overall core strength. **No class 4/5. Instructor: Fran Hopkins.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115020	A PIYOKI	SU	2:30-3:45PM	1/11-3/8	SPL-FR	\$45
215020	A PIYOKI	SU	2:30-3:45PM	3/29-5/17	SPL-FR	\$40

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SKYHOUNDZ
disc championship
Sunday, May 3
2 p.m.
Historic South Park
This event is free & open to the public

POWER SCULPT ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. The ultimate strength training program is designed to shape and tone the entire body without building muscular size or bulk. Body sculpting challenge all of your muscle groups by using barbells, hand held weights, resistance bands, Stability balls and more. This class will increase your metabolism, and burn more calories far more than cardio only workouts! Studies show that this is the ONLY class that burns calories 24-48 hours after class. This class is valuable for strengthening the heart and lungs and also preventing Osteoporosis. Any fitness level can enroll as the instructor will modify low and high impact! **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115011 A	PWRSUPT	R	5:40-6:35PM	1/8-3/5	SPL-FR	\$34
115011 B	PWRSUPT	S	10-10:50AM	1/10-3/7	CB-CR2	\$34
215011 A	PWRSUPT	R	5:40-6:35PM	3/26-5/14	SPL-FR	\$30
215011 B	PWRSUPT	S	10-10:50AM	3/28-5/16	CB-CR2	\$30

ROCK BOTTOM ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Have you been looking for a class that specifically targets the "problem areas" of the lower body? This 30 minute format only caters to those areas we all want to get firmer — toned thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the "Rock Bottom" challenge!

Instructor: Alice Stewart.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115012 A	ROCKBOT	MW	7-7:30PM	1/5-3/4	SPL-FR	\$36
215012 A	ROCKBOT	MW	7-7:30PM	3/23-5/13	SPL-FR	\$32

SLIMNASTICS ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 50. Feel good while getting slim and trim in this exercise class for men and women. Concentrating on muscle toning and strengthening all muscle groups, we will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music, but there are no routines to learn.

Bring a mat for floor work. Instructor: Rosie Shelton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115310 A	SLIMNAST	MWF	9-10AM	1/5-3/6	CB-GY	\$68
215310 A	SLIMNAST	MWF	9-10AM	3/23-5/15	CB-GY	\$61

SAVE OLYMPIC LIFTING  ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. On a mission to save the lost art of Olympic style weightlifting, this class focuses on the complex and detailed work involved with each lift. Extra special attention on precision, and protection from injury. As part of training, most classes will have the opportunity to be recorded with a slow motion replay to locate exact point and measure of movement. This class is completely accommodating to all levels of experience. Child play area available!

Instructor: Crystal Shepherd.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115021 A	OLYLIFT	TR	7:30-8:30PM	1/6-3/5	OMNI	\$77
215021 A	OLYLIFT	TR	7:30-8:30PM	3/24-5/12	OMNI	\$68

TABATA CORE ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Ready for a high intensity class that will challenge all major muscle groups in a short amount of time? Tabata training works your body to the max in short timed intervals with little rest. Plyometric jumping, explosive movements and lots of cardio that ramps up quickly. This class is for the experienced fitness enthusiast who may want to "dig a little deeper." **Instructor: Alice Stewart.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115009 A	TABATA	MW	6-6:55PM	1/5-3/4	SPL-FR	\$54
215009 A	TABATA	MW	6-6:55PM	3/23-5/13	SPL-FR	\$48

ZONE TONE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Try this eclectic approach to exercise that combines yoga, pilates, various stretching and aerobics for overall toning. Experience a sense of well-being while improving balance, strength, flexibility and coordination. Begin the journey of life-long fitness! **Bring a mat for floor workout. Instructor: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115060 A	TONEZONE	TR	12:10-12:50PM	1/6-3/5	CB-CR2	\$54
215060 A	TONEZONE	TR	12:10-12:50PM	3/24-5/14	CB-CR2	\$48

TOTAL BODY WORKOUT ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Go from flab to fab! This class features cardio and strength training with hand-held weights, bands, balls and body resistance. Core work included. **Instructor: Tracey English.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115006 A	TBW	TR	10-10:55AM	1/6-3/5	SPL-FR	\$54
215006 A	TBW	TR	10-10:55AM	3/24-5/14	SPL-FR	\$48

TOTAL STEP ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. A class full of variations; circle steps, cross over steps, lots of heart pumping cardiovascular training and more. Appropriate for all ages and abilities. We start out with simple skills and build on them until you forget that exercise isn't supposed to be this much fun. The last portion of class will be ab work.

Instructor: Christie Ogunnowo.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115010 A	TOTSTEP	T	6:40-7:25PM	1/6-3/3	SPL-FR	\$34
215010 A	TOTSTEP	T	6:40-7:25PM	3/24-5/12	SPL-FR	\$30

WEIGHTS EXPRESS ★★

Ages: 16 and Up. Enrollment Min 8 / Max 15. For those with a busy schedule or those starting off in getting fit, you picked the right class — 30-Minute Express Workout! You can dedicate at least 30 minutes, once per week to your own health with Fitness Motivators. Let us help you achieve your fitness goals! Use of hand weights, a chair, and/or concentrated moves. Instructor will bring in other equipment for use in this class! Never the same boring routine, each class will be different.

Instructor: LPRD Staff.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115023 A	WEIGEXP	MW	5:20-5:50PM	1/5-3/4	SPL-FR	\$54
215023 A	WEIGEXP	MW	5:20-5:50PM	3/23-5/13	SPL-FR	\$48

YOGA ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Get comfortable and stretch out your stiff muscles as you learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will oxygenate your body and brain, improving blood circulation and your sense of well-being. **Bring a blanket or exercise mat. See the Life-Long Recreation section, for additional sections designed for those 60+. No class 4/5. Instructors: Jay Hester (JH), Stacy Wall (SW).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115271 A	YOGA(JH)	W	7-8:15PM	1/7-3/4	CR-HR	\$45
115271 B	YOGA(SW)	R	6-7:15PM	1/8-3/5	CR-HR	\$45
115271 C	YOGA(JH)	SU	3-4:15PM	1/11-3/8	CB-RM1	\$45
215271 A	YOGA(JH)	W	7-8:15PM	3/25-5/13	CR-HR	\$40
215271 B	YOGA(SW)	R	6-7:15PM	3/26-5/14	CR-HR	\$40
215271 C	YOGA(JH)	SU	3-4:15PM	3/29-5/17	CB-RM1	\$40



**YOGA, PRENATAL ★**

Ages: 16 and Up. Enrollment Min 6 / Max 10. This class is specifically designed for the prenatal mom! A beautiful class for mom and baby to be, create a loving space and connection with your child, and prepare your body for the birth of your child. **Please bring a mat to class.**

Instructor: Amie Carter.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115272 A	PREYOGA	T	5:30-6:45PM	1/6-3/3	ELRC-MR	\$50
215272 A	PREYOGA	T	5:30-6:45PM	3/24-5/12	ELRC-MR	\$44

YOGA, RESTORATIVE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 15. Restorative Yoga is a class appropriate for all ages and levels of yoga. It is often described as 'active relaxation'; by using props to support the body it is able to fully release into poses maximizing benefits. Whether you are just looking to slow down in a hectic lifestyle, have physical issues that prevent a more active yoga practice, or are dealing with stress, anxiety, and/or other emotional disease this class seeks to bring balance into your body, mind, and world. The class also includes a gentle yoga warm-up and guided meditations. **Instructor: Alison Dishinger.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115274 A	RETYOGA	M	7-8:25PM	1/5-3/2	ELRC-MR	\$50
215274 A	RETYOGA	M	7-8:25PM	3/23-5/11	ELRC-MR	\$44

YOGA, YIN ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Yin Yoga is the perfect complement to the more active Yang Yoga practices and is appropriate for all levels of experience. This practice develops new depths in your postures, deeper ranges of motion and an increased flow of energy that is achievable by focusing on the deeper tissues of the body. **Instructor: Tatum Bandy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115016 A	YINYOGA	T	10-11AM	1/6-3/3	SPL-FR	\$34
215016 A	YINYOGA	T	10-11AM	3/24-5/12	SPL-FR	\$30

YOGA EXPRESS ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115022 A	YOGEXPR	TR	12:10-12:50PM	1/6-3/5	SPL-CR	\$54
215022 A	YOGEXPR	TR	12:10-12:50PM	3/24-5/14	SPL-CR	\$48

YOGA FOR ALL ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Beginning to advanced yogis find peace, stillness and happiness while increasing flexibility, strength and balance through the exploration of yoga postures, breathing techniques and philosophy. **No class 4/5. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115015 A	YOGA	SU	4:30-5:15PM	1/11-3/8	SPL-FR	\$45
215015 A	YOGA	SU	4:30-5:15PM	3/29-5/17	SPL-FR	\$40

YOGILATES ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Try Yogilates for the best of both worlds — the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion for a complete workout. **Instructor: Fran Hopkins.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115121 A	YGTS	TR	5:30-6:25PM	1/6-3/5	CB-CR1	\$54
115121 B	YGTS	S	9-9:50AM	1/10-3/7	CB-CR2	\$34
215121 A	YGTS	TR	5:30-6:25PM	3/24-5/14	CB-CR1	\$48
215121 B	YGTS	S	9-9:50AM	3/28-5/16	CB-CR2	\$30

ZUMBA ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Join the craze with Zumba, a fitness sensation. Zumba aerobics incorporate salsa, belly dance, West African and other world dance moves in a fun, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This fun, unique, easy and effective workout is for everyone! **No previous dance experience necessary. Instructors: Susan King (SK), Christie Ogunnowo (CO), Amy Whittaker (AW), Pat Middaugh (PM), Kelsey Middaugh (KM).**

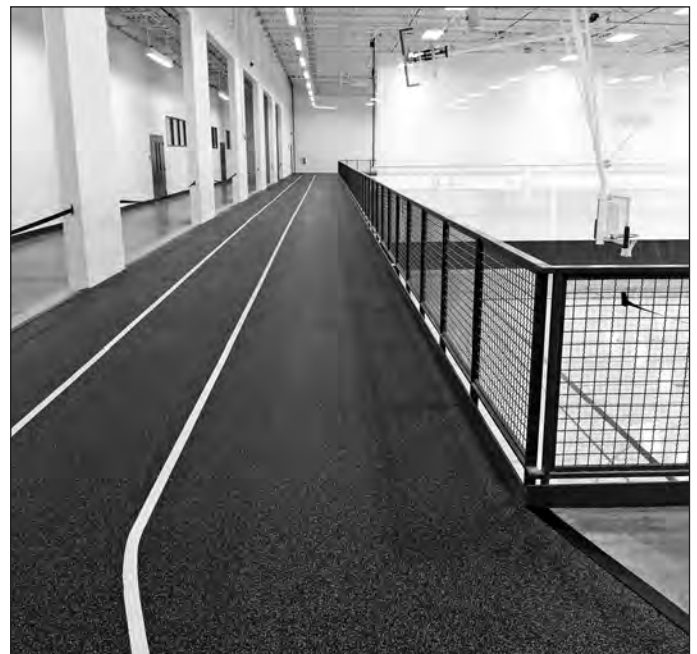
CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115000 A	ZMBA(PM)	MWF	12:10-12:50PM	1/5-3/6	CB-GYM	\$68
115000 B	ZMBA(SK)	M	5:30-6:25PM	1/5-3/2	CB-GYM	\$34
115000 C	ZMBA(KM)	TR	4:30-5:25PM	1/6-3/5	SPL-FR	\$54
115000 D	ZMBA(SK)	W	5:30-6:25PM	1/7-3/4	CB-GYM	\$34
115000 E	ZMBA(AW)	S	9-9:50AM	1/10-3/7	CB-CR2	\$34
115000 F	ZMBA(CO)	S	11-11:50AM	1/10-3/7	CB-CR2	\$34
215000 A	ZMBA(PM)	MWF	12:10-12:50PM	3/23-5/15	CB-GYM	\$61
215000 B	ZMBA(SK)	M	5:30-6:25PM	3/23-5/11	CB-GYM	\$30
215000 C	ZMBA(KM)	TR	4:30-5:25PM	3/24-5/14	SPL-FR	\$48
215000 D	ZMBA(SK)	W	5:30-6:25PM	3/24-5/13	CB-GYM	\$30
215000 E	ZMBA(AW)	S	9-9:50AM	3/28-5/16	CB-CR2	\$30
215000 F	ZMBA(CO)	S	11-11:50AM	3/28-5/16	CB-CR2	\$30

ZUMBA STEP ★★

Ages: 16 and Up. Enrollment Min 10 / Max 30. Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® program. Tone and strengthen gluts and legs with a gravity-defying blend of Zumba routines and step aerobics. Bring your students maximum results without losing the easy-to-follow fitness-party!

Instructor: Susan Pomeroy.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115029 A	ZUMSTE	TR	12:10-12:50PM	1/6-3/5	SPL-FR	\$54
215029 A	ZUMSTE	TR	12:10-12:50PM	3/24-5/14	SPL-FR	\$48



**BARRELATES** NEW ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Combining the detailed and skillful body work of Pilates, and the self-control and elegance of the ballet barre, this class develops the most intricate of muscle groups. While toning the body, the exercises performed correct muscular physique and skeletal stature through the shaping and rethinking the discipline of the mind/body connection. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115031 A	BARREL	S	11-11:55AM	1/10-3/7	OMNI	\$45
215031 A	BARREL	S	11-11:55AM	3/28-5/16	OMNI	\$40

BODY 360 ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. A slew of proven sculpting tools — stability balls, dumbbells, Pilates rings to tone all 360 degrees of bod. This workout rolls from exercises to exercise without a break using the different props so you never burn out one muscle group or get board. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115017 A	BODY360	MW	12:10-12:50PM	1/5-3/4	SPL-FR	\$54
215017 A	BODY360	MW	12:10-12:50PM	3/23-5/13	SPL-FR	\$48

BODY BURN ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Burn away those extra calories during an hour of invigorating total body exercise. When you combine strength training with cardio and core training, your body will be lit on fire and will scorch away those unwanted pounds. Exercises can be modified for any fitness level. **Bring a mat for floor work; weights provided (but you may bring your own).** Some activities may be performed outdoors, weather permitting. **Instructor: Nicole Heck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115120 A	BODYBURN	MW	5:45-6:40PM	1/5-3/4	CB-CR1&2	\$54
215120 A	BODYBURN	MW	5:45-6:40PM	3/23-5/13	CB-CR1&2	\$48

BOSU FITNESS ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Do you BOSU? The BOSU Balance Trainer (meaning both sides utilized) can be used on either the dome or platform to improve balance, posture, flexibility and core strength while delivering a killer cardio workout. Stabilization muscles work throughout every exercise. Modifications will be given for injuries, balance and intensity. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115018 A	BOSU	S	8-8:55AM	1/10-3/7	SPL-FR	\$34
215018 A	BOSU	S	8-8:55AM	3/28-5/16	SPL-FR	\$30

CARDIO MIX ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Shake up your fitness routine with a mix of kickboxing, step, floor and boot camp exercises. You'll also work your abs and back to build strength and endurance. Cardio segments vary each class. **Instructor: Tracey English.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115013 A	CARDMIX	W	8:45-9:45AM	1/7-3/4	SPL-FR	\$34
215013 A	CARDMIX	W	8:45-9:45AM	3/25-5/13	SPL-FR	\$30

CARDIO X-TRAINER ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. Are you up for the challenge of a total body workout? Join us for an intense, head-to-toe muscle training and strengthening fitness course that energizes and gets your heart pumping. Exercises can be modified to fit anyone's fitness level. We are constantly changing what we do, so this class provides something of interest for everyone. *Some activities may be performed outdoors, weather permitting.* **Bring your own mat for floor work.**

Instructor: Nicole Heck.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115122 A	CARDIO	TR	5:45-6:40PM	1/6-3/5	HPRC-GY	\$54
215122 A	CARDIO	TR	5:45-6:40PM	3/24-5/14	HPRC-GY	\$48

CIRCUIT TRAINING BOOT-CAMP ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 15. An exciting challenging workout but non-military style! This class incorporates intervals of aerobic and anaerobic sections with sports drills including the jump rope, plyometrics, speed training, agility drills, cone drills and much more to achieve the ultimate fat burning of up to 1000 calories in an hour! You'll use your whole body to burn fat, strengthen your core, and increase your endurance and flexibility. Whether your goals are weight loss, strength, endurance or core toning; you'll be challenged and motivated to go further than your limits! **This class can be modified for all fitness levels.**

Instructor: Christie Ogunnowo.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115101 A	CIRTRAIN	MW	5:45-6:40PM	1/5-3/4	DCSS	\$54
215101 A	CIRTRAIN	MW	5:45-6:40PM	3/23-5/13	DCSS	\$48

CORE AND MORE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Work on that six pack. This class targets the upper and lower abdominals, oblique's transverse and back muscles which supply power and support the entire body.

Instructor: Zack Sherman.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115019 A	COREMORE	S	9-9:55AM	1/10-3/7	SPL-FR	\$34
215019 A	COREMORE	S	9-9:55AM	3/28-5/16	SPL-FR	\$30

CYCLING — CARDIO CYCLE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. A fun, athletic, cardiovascular cycling class — the ultimate calorie killer. Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. A freestyle indoor cycling workout, the focus of this class is a total mind and body journey. It's a great way to lose yourself while training at your own level. **Choose your own intensity.** **Instructor: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115354 A	CYCLCARD	MW	5:40-6:25PM	1/5-3/4	CB-CR3	\$76
215354 A	CYCLCARD	MW	5:40-6:25PM	3/23-5/13	CB-CR3	\$68



CYCLING – INTERVAL CYCLING ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. Great for those looking for a complete workout! This high-intensity cycling class will combine hill climbs, speed work, jumps and sprints to give you the best workout possible. **Instructor: Ryann Pem.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115355 A	INTCYC	T	5:40-6:25PM	1/6-3/3	CB-CR3	\$38
115355 B	INTCYC	R	5:40-6:25PM	1/8-3/5	CB-CR3	\$38
215355 A	INTCYC	T	5:40-6:25PM	3/24-5/12	CB-CR3	\$34
215355 B	INTCYC	R	5:40-6:25PM	3/26-5/14	CB-CR3	\$34

CYCLING – POWER RIDE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. For intermediate and advanced participants, Power Ride offers an excellent cardiovascular workout as it targets and challenges your entire lower body. Including an endurance ride that metabolizes fat efficiently, race day rides with challenging mountain climbs, and a strength ride that promotes muscular and cardiovascular development, this highly aerobic class can cover 15-20 miles in the 45-minute class time. It is a fantastic cardiovascular workout – so be ready to sweat it out and burn up to 700 calories. **Instructor: Tracy Williams.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115352 A	POWRID	TR	4:30-5:15PM	1/6-3/5	CB-CR3	\$76
215352 A	POWRID	TR	4:30-5:15PM	3/24-5/14	CB-CR3	\$68

CYCLING – SPIN-IT ★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. This introductory class teaches basic spin moves, bike set-up, pace, proper cadence and tension. During each 45-minute session, you'll get a warm up and cool down, core body strengthening rides, and lots of stretching for an effective workout. **Instructors: Becky Achem (BA), Melanie Johnson (MJ).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115350 A	CYCLE(BA)	W	8-8:45PM	1/7-3/4	CB-CR3	\$38
115350 B	CYCLE(MJ)	W	4:45-5:30PM	1/7-3/4	CB-CR3	\$38
215350 A	CYCLE(BA)	W	8-8:45AM	3/25-5/13	CB-CR3	\$34
215350 B	CYCLE(MJ)	W	4:45-5:30PM	3/25-5/13	CB-CR3	\$34

CYCLING – VIRTUAL POWER RIDE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. This journey will take riders on a first-person journey, allowing them to become absorbed in the experience of a virtual ride. Whether your training to improve your endurance, strength or power this is the class for you. **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115356 A	VIRTPOW	S	9-9:45AM	1/10-3/7	CB-CR3	\$38
215356 A	VIRTPOW	S	9-9:45AM	3/28-5/16	CB-CR3	\$34

DANCE FITNESS ★★

Ages: 16 and Up. Enrollment Min 10 / Max 30. Get your groove on with this fast-paced dance exercise class that stresses whole-body fitness. Consisting of a 30-minute cardiovascular routine and a 30-minute toning and stretching routine that may be performed either at high or low impact. Follow-the-leader routines are simple for beginners to learn, yet challenging enough for advanced students. Dance Fitness guarantees a real workout! **Rubberbands used for some toning exercises will be provided.** **Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115250 A	DANCFIT	TR	9-10AM	1/6-3/5	CB-GY	\$54
115250 B	DANCFIT	TR	5:30-6:30PM	1/6-3/5	DCSS	\$54
215250 A	DANCFIT	TR	9-10AM	3/24-5/12	CB-GY	\$48
215250 B	DANCFIT	TR	5:30-6:30PM	3/24-5/12	DCSS	\$48

PRE-GLADIATOR TRAINING ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. This class acts as a prerequisite to Gladiator Training, or a scaled version of the class that focuses on primal movements within the exercises. Each workout is broken down and explained as if the client had never trained before. Focus on mobility and range of motion will be an intricate part of each class. Results and Progression are recorded for easy tracking of improvement. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115330 A	PREGLAD	T	5:30-6:25PM	1/6-3/3	OMNI	\$45
215330 A	PREGLAD	T	5:30-6:25PM	3/24-5/12	OMNI	\$40

GLADIATOR TRAINING ★★★

Ages: 16 and Up. Enrollment Min 8 / Max 12. This class is intentionally programmed to increase your muscular strength and condition your cardiovascular endurance. Each participant will receive a training schedule and tracking sheet to record individual results and progress. The third component of this class is to develop mobility and range of motion throughout the entire body, attention and focus will be spent on specific areas of tightness, soreness, or just areas of concern. Price reflects the personal attention of the setting, and use of the facility and equipment. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115335 A	GLADITOR	TR	6:30-7:25PM	1/6-3/5	OMG	\$77
215335 A	GLADITOR	TR	6:30-7:25PM	3/24-5/12	OMG	\$68

LIFT AND LUNGE ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Focusing on strengthening and lengthening, this class is programmed with plenty of bodyweight exercises incorporated with lifting to target every muscle group. Because of the varied elements covered in each session participants will see maximum progress and results. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115024 A	LIFTLUN	MWF	9-10AM	1/5-3/6	OMNI	\$95
215024 A	LIFTLUN	MWF	9-10AM	3/23-5/15	OMNI	\$84

KETTLE WORX ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 10/ Max 20. KettleworX is a fast, fun and effective workout that keeps your body moving in all 3 planes of movement. Workouts are pre-choreographed to sculpt and tone your entire body, using light-weight kettlebells. **Instructor: Zack Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115026 A	KETTLE	S	10-10:55AM	1/10-3/7	SPL-FR	\$34
215026 A	KETTLE	S	10-10:55AM	3/28-5/16	SPL-FR	\$30



Breakfast With Santa
Saturday, December 13 8:30 to 11:30 a.m.
 Community Building 115 W. 11th St.



\$7 - KIDS
 3 to 12 years old

\$9 - ADULTS

FOR MORE INFORMATION, CONTACT
 Duane Peterson, Special Events supervisor
 @ (785) 832-7940

See page 55
 for more info

