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--- FITNESS-PILATES-STEP-YOGA-DANCE ---

PILATES LATTE w/ Su Cooper

WHEN: Mon/Wed/Fri, 6:00-7:00am, 11/28-2/17 **AGES:** 18+
WHERE: Exercise Room B **FEE:** \$170.00

A hot blend of classical Pilates that will wake up your daily grind! A fluid blend of stretching and strengthening finishes up with a strong upper body challenge. (No class 12/26/11 & 1/2/12)



GOOD MORNING GLUTEALS w/ Kerry Foster

WHEN: Tu/Thur, 6:30-7:30am, 11/29-2/16 **AGES:** 18+
WHERE: Exercise Room B **FEE:** \$120.00

Turnip those triceps. Squash that zucchini! It is time to balance out your fitness plan with strength training. Don't miss your chance to burn more energy with increased muscle mass.



"PROP IN" PILATES w/ Su Cooper - NEW LUNCHTIME CLASS -

WHEN: Tu/Thur/Fri, 12:15-12:45pm, 11/29-2/17 **AGES:** 18+
WHERE: Exercise Room B **FEE:** \$90.00

Every motion counts in this quick, complete full body workout. Contemporary Pilates movements incorporating balls, bands and weights will recharge your battery and keep those afternoon sleepies at bay!



STEP AWAY w/ Su Cooper

WHEN: Mon/Wed/Thur, 4:30-5:30pm, 11/28-2/16 **AGES:** 18+
WHERE: Exercise Room B **FEE:** \$180.00

Step away from the couch and only calories, fat and flab get hurt! Classic step moves blast calories and fire up your fat burning. Floor work segment targets abs & upper body.



YOU CAN DANCE w/ Nancy Tietje, ACE Certified

WHEN: Tu/Thur/Fri, 5:10-5:40pm, 1/3-2/17 **AGES:** 18+
WHERE: Exercise Room A **FEE:** \$50.00

We are going back to choreography. Learn the steps, we will add as we go and you will be able to dance your way through a 30 minute aerobic workout. (no class for 1 day in February, date to be determined later)



AGING WITH GRACE w/ Nancy Tietje, ACE Certified

WHEN: Tu/Thur, 5:45-6:45pm, 1/3-2/16 **AGES:** 18+
WHERE: Exercise Room A **FEE:** \$65.00

Want to have as young a body as possible? Exercise keeps your brain young, your joints mobile and you strong and balanced. This class is designed to provide you with the tools to get and maintain bodies that feel good. (no class 1 day in February, date to be determined later)



SHALL WE PILATES? w/ Su Cooper

WHEN: Tu/Thur/Fri, 5:30-6:30pm, 11/29-2/17 **AGES:** 18+
WHERE: Exercise Room B **FEE:** \$165.00

This repertoire of classical Pilates moves will increase flexibility, tone core muscles, improve posture and rejuvenate your back. Props, modifications & progressions are used so everyone can benefit. (no class on 12/16, 12/23 & 12/30)



MIXED LEVELS HATHA w/ Rachel Esbjornson

WHEN: Mon/Thur, 5:30-7:00pm, **AGES:** 16+
FEE 1: 11/28-12/22 \$50.00 (4 weeks) **WHERE:** Activity Room
FEE 2: 12/26-1/19 \$50.00 (4weeks) **FEE FOR WHOLE QUARTER:** \$125.00
FEE 3: 1/23-2/16 \$50.00 (4 weeks)

All levels welcome! Hatha yoga uses postures (asana) and conscious breathing (pranayama) to develop strength, flexibility, relaxation and awareness.



DROP IN LEARN YOGA w/ Debbie Whittaker, YogaFit Instructor

WHEN: Mon/Wed/Fri, 10-11:30am, 11/28-12/30 **AGES:** 15+
WHERE: Exercise Room B **FEE:** \$5.00 DROP IN FEE

Debbie is moving south so we are offering her class as a DROP IN class for the last month she will still be here. This class is the perfect class to get familiar with Yoga and feel comfortable moving on to other Yoga classes.



ISRAELI DANCE w/ Dorica Jackson

WHEN: Tu/Fri, 9:00-10:00am, 1/6-2/17 **AGE:** 16+
WHERE: Exercise Room A **FEE:** \$30.00

This class teaches traditional Israeli folk dancing, from the oldies to more contemporary dances and music. Aside from having a lot of fun, you will also get a great workout! (No class 1/27)

~~~ Beginners welcome, instructor will meet half hour early to help those who have never tried this dance. ~~~



**RUMBA & WEST COAST SWING DANCE LESSONS w/ Jerry Pierce**

**WHEN:** Fri, 7:30-9:00pm, 1/6-2/10 **AGE:** 18+  
**WHERE:** Exercise Room B **FEE:** \$25.00 per person

Jerry is back to Fridays and in the big exercise room!! Can now have twice as many students than before. You will get two dances for the price of one!! 45 minutes of Rumba then 45 minutes of West Coast Swing. Just in time to get ready for the Valentines dances that will surely be coming up.



# MARTIAL ARTS



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## JUDO

Judo is a martial art which evolved from jiu-jitsu in Japan at the end of the 1800's. Its techniques include throws, hold-downs & chokes and arm-locks for submission purposes. It has been an Olympic sport since 1964. Whether you are looking for self-defense, fitness, focus, or fun, judo is a life sport that offers all of those things.

**Certified Judo coaches: Sandan, Justin Breese and Shodan, Becky King**

**WHEN:** Tuesdays, 5:15-6:30pm, 11/29-2/28 **AND** Saturdays, 3:00-4:30pm, 12/3-2/25

**WHERE:** Tue - Activity Room / Sat - Exercise Room A

**AGES:** 13+

**FEE:** \$30.00

## OKINAWAN KARATE-DO

Shorin-ryu Seibukan Karate is a traditional form of Okinawan Karate. Training focuses on basic techniques, conditioning, philosophy and kata. Training also places emphasis on etiquette and respect inside and outside the dojo. It is our goal to preserve and pass on this traditional art to future generations.

**Taught by Sensei Kathy Holcomb and Stuart Whyte (Private lessons available)**

**WHEN:** Tue/Thur, 7:30-9:00pm, 11/29-2/28 **AND** Sat., 7:00-9:00am, 12/3-2/25

Sun., 3:00-5:00pm (High Rank), 12/4-2/26

**AGES:** 13+

**FEE:** \$35.00 per month

**WHERE:** Exercise Room B

## TAE KWON DO

Tae Kwon Do is a Korean style karate class taught in graduated steps of preparatory exercises, self defense, offense and conditions. This class concentrates on the use of the body in the method of self defense, in which it has gained the ultimate use of its facilities through intensive physical and mental training. Instructor, Jack Duckworth.

**WHEN:** Wed., 6:45-8:00pm, 11/30-2/29 **AND** Sat., 10:00-11:30am, 12/3-2/25

**WHERE:** Exercise Room B

**AGE:** 13+

**FEE:** \$55.00



## TAI CHI w/ Tony Rowan

Beginners and all levels welcome to this class! Tai Chi is a Chinese system of physical exercises designed for the development of self discipline and well being. Wear loose, comfortable clothing to the class. Tony Rowan, has been instructing for Parks and Recreation since 1998.

**WHEN:** Mondays, 6:30-7:30pm, 12/5-2/13

**WHERE:** Exercise Room A

**AGES:** 16+

**FEE:** \$55.00



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