

Adult Fitness

Breige Graven & Jill Foster, Fitness Supervisors

Group Fitness Classes / Fall 2018

For more information, contact Josh Frederick, Fitness Supervisor. Drop-in fee per class \$6M/\$10NM
Mix and Match for a Cross Training Effect!!

Effective October, November & December

Registration Necessary / Min. 6 registrations per class

FEES: 1 class/week \$50M/96NM
2 classes/week \$70M/144NM

3 classes/week \$85M/180NM
4 classes/week \$105M/195NM

Sunday

11:15 am - Noon
PiYo - Lora

Monday

9:30 - 10:30 am
Aerobics - Carol

5:30-6:30 pm
Pilates Reformer - Jane

Tuesday

9:30 - 10:30 am
Pilates Reformer - Rita

4:45 - 5:30 pm
Kettlebell - Jan

Wednesday

5:30-6:30 pm
Pilates Reformer - Jane

Thursday

9:30-10:30 am
Pilates Reformer - Jill

5:00 - 5:30 pm
Kettlebell - Jan

5:45-6:45 pm
PiYo - Lora

Friday

9:30-10:30 am
Aerobics - Carol



MEMBERS ONLY ~ Locker Rentals

For info and pricing inquire at Fitness Center or Main Office

Adult / Teen Fitness

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SPECIALTY FITNESS CLASSES

Tai Chi for Energy

Mon & Wed 10:30-11:30 am
October 8 - November 21
\$50M/NM (People 80 & older are free)
Instructor Peg Swarts

Peg Swarts is a certified instructor through Tai Chi for Health Institute. Participants will be led in fluid, gentle and relaxed Tai Chi movements that are suitable for everyone, standing or sitting. The gentle, gracefull movements are a safe way to gain balance, strength and flexibility. Recent studies have found that Tai Chi helps improve balance and prevention of falls. This session wil include warm up and cool down exercises as well as qigong movements. It will include movements from Dr. Lam's Tai Chi for Diabetes program as well as Tai Chi for Arthritis part 2. No prior Tai Chi experience is needed.



Hip Hop Spinning

18FSPIN

Tuesdays 6:45-7:20 pm
October 9-November 13
\$30M/\$60NM

This is Spinning but with a twist! Take a rhythmic journey, cycling to the beat of hip hop and dance music that is motivating and exhilarating to achieve total fitness. We've created a unique atmosphere with colorful mood lighting that is designed to take you deeper into the vibe as you spin and dance your way through your workout. No dance experience necessary. You have to see it to believe it! **Instructor Katie Barlow**



SilverSneakers® Classic

Monday & Thursday 10:45-11:30 am
Ongoing
FREE to Silver Sneakers & JCC Members
\$4NM per class

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Instructor Jill Lukach

SilverSneakers® Yoga

Monday 11:30-12:15 pm
FREE to Silver Sneakers & JCC Members
\$4NM per class

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Instructor Jill Lukach**

Flash Mob 101

18WMOB

Thursdays 5:30-6:30 pm
October 11-November 15
\$48M/\$60NM

It's all about getting physical, having fun, trying something new and bringing a positive change to our community. You get to dance and have a great workout at the same time! Here's the twist, the flash mob location will be revealed only to those participating. First 3 weeks, class will run for 1 hour. Last 3 weeks, class will run 5:30-7:00pm. Let's get dancing!

Instructor Katie Barlow

Specialized Personal Training, Private Pilates & Yoga Instruction

Call to schedule a FREE consultation with one of our certified personal trainers.

\$20M/\$25NM per 1/2 hour session

Trainer: Jan DeAngelo, CPT, PES, CES

*Payment is due prior to training session(s).
An Initial Assessment is required before all new Personal Training clients begin training.
24 hour cancellation notice required.*