

Adult Fitness

Josh Frederick, Fitness Supervisor

Group Fitness Classes / Winter 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 January, February & March

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-Noon
PiYo - Lora

Wednesday

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

Monday

9:30-10:30 am
Aerobics - Carol

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

Tuesday

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

5:00-5:30 pm
Kettlebell - Jan

6:00-7:00 pm
Strength & Tone - Carol

Friday

9:30-10:30 am
Aerobics - Carol

MEMBERS ONLY ~ Locker Rentals

For info and pricing inquire at Fitness Center or Main Office



Quality Classes
as low as
\$2.20 per class!

Adult / Teen Fitness

Josh Frederick, Fitness Supervisor

SPECIALTY FITNESS CLASSES

Hip Hop Spinning 18WSPIN



Wednesdays 6:45-7:20 pm
January 10-February 14
\$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**

Flash Mob 101 18WMOB

Thursdays 5:30-6:30 pm
January 10-February 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 for 2 hours. 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

Trainers: Jan DeAngelo, CPT, PES, CES
Carol Hawley, Exercise Specialist



*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.*

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**

Tai Chi for Arthritis

Mon & Wed 10:30-11:30 am
January 10-February 21
14 sessions
\$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. Based on the Sun style of Tai Chi, this program extends the Tai Chi for Arthritis Part 1 Core Movements 1-6 and Extended Movements 7-12 with 9 additional forms.

Sun style Tai Chi helps to improve your coordination and includes healing components that improve relaxation and energy while also improving mobility and balance.