**FIELD TRIPS**

What is different? Field trips are the part of the Lifelong Travel program that focuses on local destinations significant to natural and human history. All destinations this fall are outdoors and the group will meet at the trailhead so there is no bus travel. Participants will be asked to wear a mask and step away from the group (at least 6 feet) if they need to briefly remove the mask for comfort. Group size will be limited to twelve to allow for physical distancing. Walking canes that convert to a stool will be available to provide rest stops along the route. Expect an email with trailhead details and a map one week prior to the trip.

**Walking Tour of Old West Lawrence**

**Thursday, September 3, 2020 | 6-7:30 pm**

From its beginnings in 1855, Old West Lawrence has been home to socially and politically prominent families. The beautifully-preserved neighborhood is the perfect backdrop to learn about the people who built and grew the city of Lawrence. We will learn their stories and highlight the variety of architectural styles and building materials that make this area unique. Join guide Dr. Bob Dinndale, local Lawrence history aficionado and tour leader, for an up close look at the places and people that have contributed to the town we know today. Rain date: September 10.

Class Code: 427329 | Fee: $22

**Lawrence Hidden Valley Camp**

**Monday, September 21, 2020 | 4-5:30 pm**

Do you want to switch up the scenery for your local walks? The Lawrence Hidden Valley Camp is a rural jewel in the middle of town. Our guide from the Friends of LHVC will escort us through the 40 acre camp and discuss the projects such as native woods restoration and pollinator habitat designed for outdoor education and experiences for the Girl Scouts of Douglas County. Learn how you can return for hikes of your own. Note: These are an active hikes on natural trails. Please dress accordingly.

Rain Date: September 28.

Class Code: 427313 | Fee: $15

**What’s That Tree?**

**Thursday, October 1, 10:00 am-12:30 pm**

In this class we’ll learn about the “Tree Walks” and how to identify and appreciate our native and ornamental trees as autumn approaches. There will be a short walk on sidewalks to collect leaves and a longer opportunity to sit and study our collections. Jon Standing will be our guide. Rain date: October 8.

Class Code: 427463 | Fee: $15

**Lifelong Recreation**

**FALL 2020**

**What is different this fall?**

Lifelong Recreation classes will continue to follow the procedures of Phase 3 of the reopening plan which began June 15. This stage allows for activities, limited gatherings, and additional measures for increased safety. Classes are smaller and will meet in larger rooms to allow for physical distancing. We are using less shared equipment and cleaning between each use. You are part of the plan as well. If you attend class, please adhere to the personal hygiene guidelines, and remain home if you feel sick. Please bring your own water bottle to class, socialize outside the recreation center, and remember that face masks are required when entering or leaving the building. Masks are encouraged, but optional during class.

**Beginning Mindfulness**

**Wednesday, September 30 - November 4 | 4:30 - 6 pm**

**ZOOM Class**

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols.

Class Code: 427271 | Fee: $37

**Continuing Mindfulness**

**Wednesday, December 2 - December 16 | 4:30 - 6 pm**

**ZOOM Class**

This is a continuation of Basic Mindfulness Meditation. Participants should have completed the Basic class or received other instruction in meditation prior to registering. Instructor is available to advise on suitability of class. Instructor: Dr. Jeff Nichols.

Class Code: 427297 | Fee: $18

**Register for Zoom classes the same way you do for community classes. When your registration is received, expect an email with links to online training about the Zoom format. Prior to the first class, there will be a practice class for people new to Zoom. Class participants will receive a required password before meeting.**
AEROBIC DANCE AND TONE
Monday, Wednesday, Friday | 8:50 - 9:50 am  Holcom Park Recreation Center, 2700 W. 27th St.
Aerobic conditioning followed by a toning and stretching segment to enhance balance and flexibility.
Instructor: Teresa Kelley

DANCE FITNESS
Tuesday, Thursday | 9 - 10 am  Community Building, 115 W. 11th St.
Get your groove on with this fast-paced exercise class that stresses whole body fitness. Aerobic routines may be performed either at a high or low impact.
Instructor: Rosie Shelton

SENIOR STRENGTH TRAINING
Monday, Wednesday, Friday | 8:00, 9:00, 10:00 am  Holcom Recreation Center, 2700 W. 27th St.
Tuesday, Thursday | 9:00 am  East Lawrence Recreation Center, 1245 E. 15th St.
Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. A variety of strength training equipment will be used, including free weights, resistance tubing and bands.
Instructors: Melanie Johnson, Deb Geraghty

PILOATES SILVER
Tuesday, Thursday | 8:30 - 9:30 am  Holcom Recreation Center, 2700 W. 27th St.
Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles as well as strengthening and toning through stretching as the body moves.
Instructor: Pat Middaugh

SUPER SENIOR CIRCUIT
Monday, Wednesday, Friday | 8:30, 9:30, 10:30 am  Tuesday, Thursday | 7:30, 8:30 am
Sports Pavilion Lawrence, 100 Rock Chalk Ln.
In this "full body" group workout, every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands.
Instructor: Chap Harper

TAI CHI FOR ALL
Tuesday, Thursday | 11:15 - 12 pm
Holcom Recreation Center, 2700 W. 27th St.
This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all.
Instructor: Susan Pomeroy

SLIMNASTICS
Monday, Wednesday, Friday | 9 - 10 am  Community Building, 115 W. 11th St.
An exercise class for men and women that concentrates on muscle toning and strengthening. The focus is to tone and sculpt your muscles to create a healthy, well balanced body. You will need to bring a mat for the floor work.
Instructor: Rosie Shelton

LIFELONG YOGA
Tuesday, Thursday | 9:30 & 10:40 am  Holcom Park Recreation Center, 2700 W. 27th St.
Thursday | 10 am  Community Building, 115 W. 11th St.
Stretch stiff muscles, and learn to correctly align your spine through slow progressive stretching. In this less-vigorous beginning class adapted for older adults, classes are available weekly or twice weekly at different locations.
Instructor: Kristen Spencer (Holcom) Mary Ann Saunders (Community Building)

LA BLAST
Tuesday, Thursday | 10 - 11 am  Holcom Recreation Center, 2700 W. 27th St.
LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era.
Instructor: Susan Pomeroy

WHAT CAN I EXPECT?
Expect an hour tailored to you and your fitness goals.

PERSONAL TRAINING

BENEFITS OF PERSONAL TRAINING:
- Accountability
- Reduced Risk of Injury
- Maintain Consistency
- Help Train with Medical Conditions
- Variety and Creativity in Your Workout
- Buddy Sessions Available
- Set the Stage for a Healthier Future
- Company and Encouragement

Let us help! Personal Training packages with certified trainers are available through Lawrence Parks and Recreation!
For more information, contact Gayle Sigurdson at 785-832-7909.