


# Lifelong Recreation

WINTER / SPRING 2024

## Film Class: Bette Davis

Wednesdays, 2/21 - 4/10 | 6:30 - 9 pm

Carnegie Building | Fee: \$28



Considered one of Hollywood's greatest actresses of all-time, Bette Davis worked on over 100 films, across six decades, earning ten Oscar nominations. She battled the studio system to garner better roles, when few actors had the guts or power to get away with it. She dominated the screen in magnetic and strong-willed performances. Join us for an engaging discussion as we explore this silver-screen legend through her personal history and a sampling of her films. *This class is a mix of viewing and discussions facilitated by Kellee Pratt, Movies (TCM) Festival..* **Class Code: 127449**

Thursdays, 1/11 - 3/7 | 7 - 9 pm | Sports Pavilion Lawrence®

Thursdays, 3/21 - 5/16 | Sports Pavilion Lawrence®

Fencing is one of only four sports to be included in every modern Olympic games since the first in 1896. This fencing class is for beginners as well as more experienced fencers in foil, epee, and saber, emphasizing technique, tactics, strategy, and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. *Instructor: John Dillard.*

Winter Class Code: 127105 | Fee: \$72 Spring Class Code: 227105 | Fee: \$72



## Beginning Tai Chi

Tues/Thurs | 2/20 - 5/16 | 10 - 11 am  
Community Building

Tai Chi consists of a series of slow motion movements that increase body strength, enhance coordination and improve balance. Tai Chi's relaxed performance calms the body, reduces emotional stress, and promotes clear thinking. This class practices the Yang style tai chi short form. *Instructor: Craig Voorhees.*

Class Code: 127274 | Fee: \$84

# Fitness Classes

## AEROBIC DANCE & TONE

**MWF | 1/8 - 3/8 | 8:50-9:50 am | Holcom**

**MWF | 3/18 - 5/17 | 8:50 - 9:50 am | Holcom**

Get moving with fun, lively music that will condition and strengthen your body. Tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This class will keep you looking and feeling young. *Instructor: Teresa Kelley.*

**Winter Class Code: 127201 | Fee: \$88**

**Spring Class Code: 227201 | Fee: \$88**

## DANCE FITNESS

**Tues/Thurs | 1/9 - 3/7**

**9-10 am | Community Building**

**Tues/Thurs | 3/19 - 5/16**

**9 - 10 am | Community Building**

Experience a total body, cardio workout through a variety of easy-to-follow dance routines. Class will alternate between non-stop cardio dance followed by strength/core exercises or an interval style class with cardio dances interspersed with strength training. Simple enough for beginners, yet challenging for advanced students. *Instructor: Rosie Shelton.*

**Winter Class Code: 127250-A | Fee: \$72**

**Spring Class Code: 227250-A | Fee: \$72**

## SLIMNASTICS

**MWF | 1/8 - 3/8 | 9-10 am | Community Building**

**MWF | 3/18 - 5/17 | 9 - 10 am | Community Building**

Slimnastics offers a mix of strength, balance, endurance and flexibility using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body.

*Instructor: Rosie Shelton.*

**Winter Class Code: 127310-A | Fee: \$88**

**Spring Class Code: 227310-A | Fee: \$88**

## LaBLAST

**Tues/Thurs | 1/9 - 3/7 | 10-11 am | Holcom**

**Tues/Thurs | 3/19 - 5/16 | 10 - 11 am | Holcom**

LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era! *Instructor: Susan Pomeroy.*

**Winter Class Code: 127302 | Fee: \$72**

**Spring Class Code: 227302 | Fee: \$72**

## LIFELONG YOGA

**Tues/Thurs | 9 am, 10 am | Holcom**

**Thursday | 9:30 am, 10:30 am | Community Building**

Learn to correctly align your spine through slow progressive traction in this less-vigorous, class adapted for older adults. Practice correct breathing to oxygenate the body and the brain, improve blood circulation and your sense of well-being. *Instructors: Mary Ann Saunders and Kim McDanel.* **For details, please refer to the back page.**



## PILATES SILVER

**Tues/Thurs | 1/9 - 3/7**

**9 - 9:50 am | Holcom**

**Tues/Thurs | 3/19- 5/16**

**9 - 9:50 am | Holcom**

Pilates is a modern approach to body conditioning. This method will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone. Main principles include flowing motion, breathing, flexibility, centering, and control.

*Instructor: Pat Middaugh.*

**Winter Class Code: 127204 | Fee: \$72**

**Spring Class Code: 227204 | Fee: \$72**

## SENIOR STRENGTH TRAINING

**MWF | 7:30, 8:30, 9:30, 10:30 | Holcom**

**Tues/Thurs | 8:30, 9:30 am | East Lawrence Center**

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 and Deb Geraghty.*

**Class Code: 127233 , 127234 | 227233, 227234**

**For enrollment details, please refer to back page.**

## SUPER SENIOR CIRCUIT

**MWF | 7:30, 8, 8:30, 9, 9:30, 10, 10:30 am , 1 pm**

**Tues/Thurs | 7:30, 8:30 am, Sports Pavilion Lawrence®**

**Tues/Thurs | 10:30 am | Community Building**

This 50 minute "full-body" group workout is designed for the active senior adult, regardless of previous experience with strength training. A total of ten to twelve different exercises in the circuit utilize a combination of free weights, stability balls, and resistance bands.

*Instructor: Stephanie Foglesong and Carlo Washington.*

**Class Code: 127255 | 227255. For enrollment details, refer to back page.**

## LIFELONG STRENGTH AND LENGTH

Tues/Thurs | 1/9 - 3/7 | 10 - 10:45 am

Tues/Thurs | 3/19 - 5/16 | 10 - 10:45 am

Sports Pavilion Lawrence®

This traditional Pilates Mat class focuses on strengthening the deep core and toning all muscle groups, followed by focused stretching. Developing stability and healthy posture is practiced, as well as breath and release work.

*Instructor: Melanie Johnson.*

**Winter Class Code: 127303 | Fee: \$72**

**Spring Class Codes: 227303 | \$72**

## CORE STRENGTH

Tues/Thurs | 1/9 - 3/7 | 1 - 4 pm

Tues/Thurs | 3/19 - 5/16 | 1 - 4 pm

Sports Pavilion Lawrence®



Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony. This leads to better balance and stability. This class will focus on strengthening your core, which is essential for overall

wellness. *Instructor: Stephanie Foglesong.*

**Winter Class Code: 127411 | Fee: \$72**

**Spring Class Code: 227411 | Fee: \$72**

## TAI CHI FOR ALL

Mon/Wed | 1/8 - 3/6 | 11:15 - 12 pm | Holcom

Tues/Thurs | 1/9 - 3/7 | 11:15 - 12 pm | Holcom

Mon/Wed | 3/18 - 5/15 | 11:15 - 12 pm | Holcom

Tues/Thurs | 3/19 - 5/16 | 11:15 - 12 pm | Holcom

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises.

*Instructor: Susan Pomeroy*

**Winter Class Code: 127502 A/B: Fee: \$72**

**Spring Class Code: 227502 A/B: Fee: \$72**

## TRX FLEX FUSION

Tues/Thurs | 1/9 - 3/7 | 9 - 9:45 am

Tuesday | 3/19 - 5/16 | 9 - 9:45 am

Sports Pavilion Lawrence®

TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness. *Instructor: Melanie Johnson.*

**Winter Class Code: 127340 Fee: \$72**

**Spring Class Code: 227340 | Fee: \$72**



# Evening Classes

## CHAIR YOPI PLUS

Tues/Thurs | 1/9 - 3/7 | 5:30 - 6:30 pm

Tues/Thurs | 3/19 - 5/16 | 5:30 - 6:30 pm

Sports Pavilion Lawrence®

This gentle yet challenging class combines stretching, flexibility, balance, strengthening, and mind-body awareness with consideration and adjustments for mobility issues. The exercises develop joints, muscles and connective tissue in a routine that complements therapy. *Instructor: Teresa Kelly.*

**Winter Class Code: 127263 | Fee: \$72**

**Spring Class Code: 227263 | Fee: \$72**

## TAI CHI FOR ENERGY

Tues/Thurs | 1/9 - 3/7 | 5:30 - 6:30 pm

Tues/Thurs | 3/19 - 5/16 | 5:30 - 6:30 pm

Community Building

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining both Sun and Chen styles. Chen is complex, with fast and slow movements; Sun incorporates agile steps and qigong movements for healing. This class is suitable for persons with prior experience in Sun Style Tai Chi, particularly Tai Chi for Arthritis, who wish to deepen their Tai Chi practice.

*Instructor: Susan Pomeroy.*

**Winter Class Code: 127503 | Fee: \$72**

**Spring Class Code: 227503 | Fee: \$72**

## RESTORATIVE YOGA

Thursday | 1/11 - 3/7 | 6 - 7 pm | Holcom

Thursday | 3/21 - 5/16 | 6 - 7 pm | Holcom

Restorative yoga encourages physical, mental and emotional relaxation. Poses are held for longer periods of time using bolsters, blankets, and blocks to prop into passive poses. Please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and mediation. *Winter instructor: Kymbre Dwyer. Spring Instructor: Kim McDanel*

**Winter Class Code: 127330 | Fee: \$41**

**Spring Class Code: 227330 | Fee: \$41**



## FITNESS YOGA

Wednesday | 1/10 - 3/6 | 5:30-6:30 pm

Wednesday | 3/20 - 5/15 | 5:30-6:30 pm

Community Building

Fitness Yoga promotes general health and well being through the practice of basic Hatha yoga postures and vinyasa flow sequences. Participants are encouraged to work at their own level so they can develop greater strength, flexibility, balance, agility, endurance and focus. Please bring a yoga mat. *Instructor: Fran Hopkins.*

**Winter Class Code: 127282 | Fee: \$41**

**Spring Class Code: 227282 | Fee: \$41**



# Creative Classes



## FUNDAMENTALS OF CREATIVE WRITING

**Tuesday, 3/19 - 4/23 | 6:30 - 8 pm | Carnegie Building**

Plunge into a hands-on, participatory exploration of effective writing techniques. Bring writing materials to every class, and prepare to do – and share – what you love! *Instructor: Gary "Storyhawk" Henry, retired military journalist, marketing writer, managing editor and writing teacher.* **Class Code: 227483 | Fee: \$66**

## ART IS A VERB

**Wednesday, 3/20 - 4/24 | 6:30 - 8 pm | Community Building Art Room**

Join us for a series of classes based on the idea that art is something you do, not something you make. Learn a technique for expression that nurtures social and emotional health, reinforces skills for relaxation and focus. Each class will introduce a different technique or medium. Note: The techniques in this session are different or build on those in previous sessions. *Instructors: Jill Mickel and Kim McDaneld.* **Class Code: 227479 | Fee: \$115**

## JEWELRY DESIGN AND REPAIR

**Sunday, 3/3 | 1:30 - 3:30 pm | Community Building, Art Room**

Learn basic beginning bead stringing techniques from Julie Kingsbury. We will explore design, spacing, and placement. You will create your own design with semi-precious stone beads and sterling silver and gold-filled beads and clasps. Learn about various stringing materials, clasps, and ear wire choices, and leave with a finished bracelet and a pair of earrings you can wear! *Instructor: Julie Kingsbury.* **Class Code: 127323 | Fee: \$40**

## GELLI PRINTING

**Sunday, 1/28 - 2/4 | 1 - 3:30 pm | Community Building**

Explore how to print without a press using a Gelli plate. The Gelli plate gives the artist the freedom to experiment with fabric, paper, organic materials like flowers, leaves, to create textures and multiple color layers. The imagery and possibilities are endless. *Instructor: Kim McDaneld.* **Class Code: 127412 | Fee: \$37**



## BAROQUE RECORDER - A LIFELONG INSTRUMENT

**Beginning: Monday, 1/8 - 3/4 | 1:30 - 2:30 pm**

**Intermediate: Monday, 1/8 - 3/4 | 11 am - 12 pm**

**Beginning: Monday, 3/18 - 5/13 | 1:30 - 2:30 pm • Intermediate: Monday, 3/18 - 5/13 | 11 am - 12 pm**

**Senior Resource Center**

Have you always wanted to play a musical instrument or did you participate in music during school? We will explore the Baroque recorder as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well being. Beginning and experienced musicians are welcome. *Instructor Jean Hein was a founding member, recorder soloist, and executive director of Columbia Baroque, a professional ensemble in South Carolina.*

**Winter Class Code: 127478-A (Beginning) | Fee: \$90 • 127478-B (Intermediate) | Fee: \$90**

**Spring Class Code: 227478-A (Beginning) Fee: \$90 • 227478-B (Intermediate) | Fee: \$90**



## COLLAGE WORKSHOP

**Sunday, 4/21 - 4/28 | 1 - 3:30 pm | Community Building**

In this workshop we will be exploring unique ways to layer imagery, the assemblage of found objects, and the use of different glues and matte mediums. Collage is a very creative way to explore your environment, another way of using mindful techniques to explore color, texture, and shape, along with drawing. *Instructor: Kim McDaneld.*

**Class Code: 227413 | Fee: \$37**



### MOVING FOR LIFE

**Monday, 3/18 - 5/20 | 4 - 5 pm**

**Community Building, Dance Studio**

This fun, EASY dance class for those over 55, strengthens muscles and increases range of movement. Dance has been shown to improve brain function and build better balance. We will use modern dance warm-ups and build a dance phrase over the six weeks. Let's dance, laugh and improve our health in this welcoming atmosphere. *Instructor: Susan Rieger, professional dancer, choreographer and artistic director of aha! dance theatre and the 940 Dance Company.*

**Spring Class Code: 227482 | Fee: \$60**

### BEGINNING UKULELE

**Wednesday, 1/24 - 2/14 | 6:30 - 7:30 pm | SRC**

**Wednesday, 4/3 - 4/24 | 6:30 - 7:30 pm | SRC**

The beginning uke course will cover tuning, basic chords, and beginning strum patterns. Students brand new to ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one.

**Winter Class Code: 127410 | Fee: \$44**

**Spring Class Code: 227410 | Fee: \$44**



### INTERMEDIATE UKULELE

**Wednesday, 2/28 - 3/20 | 6:30 - 7:30 pm | SRC**

**Wednesday, 5/8 - 5/29 | 6:30 - 7:30 pm | SRC**

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from the teacher. *Instructor: Linda Tilton is a performing member of the Kansas City Ukesters. She also teaches ukulele workshops at the Walnut Valley Festival in Winfield, Kansas.*

**Winter Class Code: 127424 | Fee: \$44**

**Spring Class Code: 227424 | Fee: \$44**

### ASEMIC WRITING WORKSHOP

**Sunday, 2/18 - 2/25 | 1 - 3:30 pm | Community Building**

In this workshop, we will be exploring and abstracting our handwriting. Along with using imagery, traditional letters, calligraphy, textures, and symbols creating free flowing, gestural imagery. Unique mark-making tools will be encouraged. (kitchen tools, old worn brushes, toys, stencils etc.) Those who enroll will receive an email from the instructor before the workshop. This workshop meets two Sunday afternoons for a deeper dive into Asemic writing and mindful drawing. *Instructor: Kim McDanel.* **Class Code: 127253 | Fee: \$37**



# Update Your Information

Want to stay in the loop? Make sure we have your correct contact information in the event we need to reach you regarding class changes and trip information. When registering for your 2024 Winter/Spring classes, take a moment to confirm your phone, address, and email with our staff or online.





# Free Demonstration Classes

*Try something new in the New Year. Join us for a free demonstration class and find the right fit for your wellness resolutions. There is no need to pre-register, join us and bring a friend!*

## Strength and Length

**Tuesday, December 5 | 10 am**

**Sports Pavilion Lawrence®**

A traditional Pilates Mat class, followed by lengthening the muscles with focused stretching. *Instructor: Melanie Johnson*

## Core Strength

**Tuesday, December 5 | 1 pm**

**Sports Pavilion Lawrence®**

This class will focus on strengthening your core, which is essential for overall wellness.

*Instructor: Stephanie Foglesong*

## TRX Flex Fusion

**Thursday, December 7 | 10 am**

**Sports Pavilion Lawrence®**

Full-body strengthening with flexibility training to increase mobility and resilience. *Instructor: Melanie Johnson*

## Senior Circuit

**Thursday, December 7**

**10:30 am Community Building**

This popular full-body workout in a new location! Improve strength, balance and agility. For all levels of fitness.

*Instructor: Brandon Lavergne*

*The world of fitness can be overwhelming. The good news is you don't have to do it alone! A qualified personal trainer can help you achieve your goals in more ways than you can imagine. Start by defining realistic and achievable fitness goals, then identify the best exercises and schedule to reach those goals safely and efficiently.*

## LPRD PERSONAL TRAINING

We provide a program tailored to you and your fitness goals. Each of our four recreation centers have weight and cardio equipment, so you have the freedom to choose the location that is convenient for you! The LPRD Personal Training program has a number of qualified, professional trainers. We give you the ability to review their profiles beforehand, which can help you select someone that best fits your individual needs.

### LPRD offers:

- Multiple Locations
- Flexible Schedules
- No Contracts
- Individual, Partner and Small Group Sessions
- Location and Time Based on Your Schedule (all scheduling done directly between trainer and client)

**For more information, please contact Gayle Sigurdson at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909**

# LIFELONG RECREATION WINTER SCHEDULE 2024

COMMUNITY BUILDING | 115 W. 11th St.

REGISTRATION BEGINS NOVEMBER 28, 2023 | 8 am

CLASS CODE	NAME	FEE	DATES	INSTRUCTOR	TIME
127282-A	Fitness Yoga	\$41	W - 1/10 - 3/6	Fran Hopkins	5:30 - 6:30 pm
127503-A	Tai Chi For Energy	\$72	TR - 1/9 - 3/7	Susan Pomeroy	5:30 - 6:15 pm
127270-A	Yoga	\$41	R - 1/11 - 3/7	Mary Anne Saunders	9:30 - 10:20 am
127270-B	Yoga	\$41	R - 1/11 - 3/7	Mary Anne Saunders	10:30 - 11:20 am
127250-A	Dance Fitness	\$72	TR - 1/9 - 3/7	Rosie Shelton	9 - 10 am
127310-A	Slimnastics	\$88	MWF - 1/8 - 3/8	Rosie Shelton	9 - 10 am
127255-K	Super Senior Circuit	\$72	TR - 1/9 - 3/7	Brandon Lavergne	10:30 - 11:20 am

## EAST LAWRENCE RECREATION CENTER | 1245 E. 15th St.

127234-C	Senior Strength Training	\$72	TR - 1/9 - 3/7	Deb Geraghty	8:30 - 9:20 am
127234-D	Senior Strength Training	\$72	TR - 1/9 - 3/7	Deb Geraghty	9:30 - 10:20 am

## HOLCOM PARK RECREATION CENTER | 2700 W. 27th St.

127201-A	Aerobic Dance & Tone	\$88	MWF - 1/8 - 3/8	Teresa Kelley	8:50 - 9:50 am
127233-A	Senior Strength Training	\$88	MWF - 1/8 - 3/8	Melanie Johnson	7:30 - 8:20 am
127233-B	Senior Strength Training	\$88	MWF - 1/8 - 3/8	Melanie Johnson	8:30 - 9:20 am
127234-A	Senior Strength Training	\$88	MWF - 1/8 - 3/8	Deb Geraghty	9:30 - 10:20 am
127234-B	Senior Strength Training	\$88	MWF - 1/8 - 3/8	Deb Geraghty	10:30 - 11:20 am
127330-A	Restorative Yoga	\$41	R - 1/11 - 3/7	Kymbre Dwyer	6 - 7 pm
127302-A	LaBlast	\$72	TR - 1/9 - 3/7	Susan Pomeroy	10 - 11 am
127204-A	Pilates Silver	\$72	TR - 1/9 - 3/7	Pat Middaugh	9 - 9:50 am
127270-C	Yoga	\$72	TR - 1/9 - 3/7	Kim McDanel	9 - 9:50 am
127270-D	Yoga	\$72	TR - 1/9 - 3/7	Kim McDanel	10 - 10:50 am
127502-A	Tai Chi for All	\$72	M/W - 1/8 - 3/6	Susan Pomeroy	11:15 - 12 pm
127502-B	Tai Chi for All	\$72	T/TR - 1/9 - 3/7	Susan Pomeroy	11:15 - 12 pm

## SPORTS PAVILION LAWRENCE | 100 Rock Chalk Ln.

127303-A	Lifelong Strength & Length	\$72	TR - 1/9 - 3/7	Melanie Johnson	10 - 10:45 am
127255-A	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Stephanie Foglesong	7:30 - 8:20 am
127255-B	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Stephanie Foglesong	8:30 - 9:20 am
127255-C	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Stephanie Foglesong	9:30 - 10:20 am
127255-D	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Stephanie Foglesong	10:30 - 11:20 am
127255-E	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Carlo Washington	8 - 8:50 am
127255-F	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Carlo Washington	9 - 9:50 am
127255-G	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Carlo Washington	10 am - 10:50 am
127255-H	Super Senior Circuit	\$72	TR - 1/9 - 3/7	Carlo Washington	7:30 - 8:20 am
127255-I	Super Senior Circuit	\$72	TR - 1/9 - 3/7	Carlo Washington	8:30 - 9:20 am
127255-J	Super Senior Circuit	\$88	MWF - 1/8 - 3/8	Stephanie Foglesong	1 - 1:50 pm
127105-A	Fencing	\$72	R - 1/11 - 3/7	John Dillard	7 - 9 pm
127340-A	TRX Flex Fusion	\$72	TR - 1/9 - 3/7	Melanie Johnson	9 - 9:45 am
127263-A	Chair Yopi Plus	\$72	TR - 1/9 - 3/7	Teresa Kelley	5:30 - 6:30 pm
127411-A	Core Strength	\$72	TR - 1/9 - 3/7	Stephanie Foglesong	1 - 1:40 pm

# LIFELONG RECREATION SPRING SCHEDULE 2024

**COMMUNITY BUILDING | 115 W. 11th St.**

**REGISTRATION BEGINS NOVEMBER 28, 2023 | 8 am**

CLASS CODE	NAME	FEE	DATES	INSTRUCTOR	TIME
227282-A	Fitness Yoga	\$41	W - 3/20 - 5/15	Fran Hopkins	5:30 - 6:30 pm
227503-A	Tai Chi For Energy	\$72	TR - 3/19 - 5/16	Susan Pomeroy	5:30 - 6:15 pm
227270-A	Yoga	\$41	R - 3/21 - 5/16	Mary Anne Saunders	9:30 - 10:20 am
227270-B	Yoga	\$41	R - 3/21 - 5/16	Mary Anne Saunders	10:30 - 11:20 am
227250-A	Dance Fitness	\$72	TR - 3/19 - 5/16	Rosie Shelton	9 - 10 am
227310-A	Slimnastics	\$88	MWF - 3/18 - 5/17	Rosie Shelton	9 - 10 am
227255-K	Super Senior Circuit	\$72	TR - 3/19 - 5/16	Brandon Lavergne	10:30 - 11:20 am

**EAST LAWRENCE RECREATION CENTER | 1245 E. 15th St.**

227234-C	Senior Strength Training	\$72	TR - 3/19 - 5/16	Deb Geraghty	8:30 - 9:20 am
227234-D	Senior Strength Training	\$72	TR - 3/19 - 5/16	Deb Geraghty	9:30 - 10:20 am

**HOLCOM PARK RECREATION CENTER | 2700 W. 27th St.**

227201-A	Aerobic Dance & Tone	\$88	MWF - 3/18 - 5/17	Teresa Kelley	8:50 - 9:50 am
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227233-B	Senior Strength Training	\$88	MWF - 3/18 - 5/17	Melanie Johnson	8:30 - 9:20 am
227234-A	Senior Strength Training	\$88	MWF - 3/18 - 5/17	Deb Geraghty	9:30 - 10:20 am
227234-B	Senior Strength Training	\$88	MWF - 3/18 - 5/17	Deb Geraghty	10:30 - 11:20 am
227330-A	Restorative Yoga	\$41	R - 3/21 - 5/16	Kim McDanel	6 - 7 pm
227302-A	LaBlast	\$72	TR - 3/19 - 5/16	Susan Pomeroy	10 - 11 am
227204-A	Pilates Silver	\$72	TR - 3/19 - 5/16	Pat Middaugh	9 - 9:50 am
227270-C	Yoga	\$72	TR - 3/19 - 5/16	Kim McDanel	9 - 9:50 am
227270-D	Yoga	\$72	TR - 3/19 - 5/16	Kim McDanel	10 - 10:50 am
227502-A	Tai Chi for All	\$72	M/W - 3/18 - 5/15	Susan Pomeroy	11:15 - 12 pm
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**SPORTS PAVILION LAWRENCE | 100 Rock Chalk Ln.**

227303-A	Lifelong Strength	\$72	TR - 3/19 - 5/16	Melanie Johnson	10 - 10:45 am
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227255-E	Super Senior Circuit	\$88	MWF - 3/18 - 5/17	Carlo Washington	8 - 8:50 am
227255-F	Super Senior Circuit	\$88	MWF - 3/18 - 5/17	Carlo Washington	9 - 9:50 am
227255-G	Super Senior Circuit	\$88	MWF - 3/18 - 5/17	Carlo Washington	10 am - 10:50 am
227255-H	Super Senior Circuit	\$72	TR - 3/19 - 5/16	Carlo Washington	7:30 - 8:20 am
227255-I	Super Senior Circuit	\$72	TR - 3/19 - 5/16	Carlo Washington	8:30 - 9:20 am
227255-J	Super Senior Circuit	\$88	MWF - 3/18 - 5/17	Stephanie Foglesong	1 - 1:50 pm
227340-A	TRX Flex Fusion	\$72	TR - 3/19 - 5/16	Melanie Johnson	9 - 9:45 am
227105	Fencing	\$72	R - 3/21 - 5/16	John Dillard	7 - 9 pm
227263-A	Chair Yopi Plus	\$72	TR - 3/19 - 5/16	Teresa Kelley	5:30 - 6:30 pm
227411-A	Core Strength	\$72	TR - 3/19 - 5/16	Stephanie Foglesong	1 - 1:45 pm