

Roll N' Release 415033

This class is designed to help alleviate muscle soreness and increase flexibility through the use of the foam roller as a self-myofascial release followed by deep stretch of the muscles. The class is designed for all levels. Roll and Release is a class perfect for those who exercise often especially runners, cyclists, and those working on resistance training. In addition. Those who sit a lot throughout the day will benefit from the increase blood flow to the muscles.

Instructor: Melanie Johnson

M/W 9/13-12/15 7:25-8:25pm SPL-FR \$91

Zumba 415000

Zumba aerobics incorporate Salsa, Belly Dance, West African and other World Dance moves in a FUN, party-like exercise format. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

M/W/F 9/13-12/17 12:10-12:50pm CB-GYM \$108

Instructor: Pat Middaugh

M 9/13-12/13 5:30-6:25pm CB-GYM \$152

Instructor: Susan King

T 9/14-12/14 7:00-7:55pm SPL-LR \$52

Instructor: Paula Fay

W 9/15-12/15 5:30-6:25pm CB-GYM \$52

Instructor: Susan King

S 9/18-12/18 8:30-9:20am SPL-LR \$52

Instructor: Amy Ash

Due to ever-increasing enrollment in our fitness and exercise classes, we must prohibit participants from bringing children to class. Children are not to be left outside the classroom.

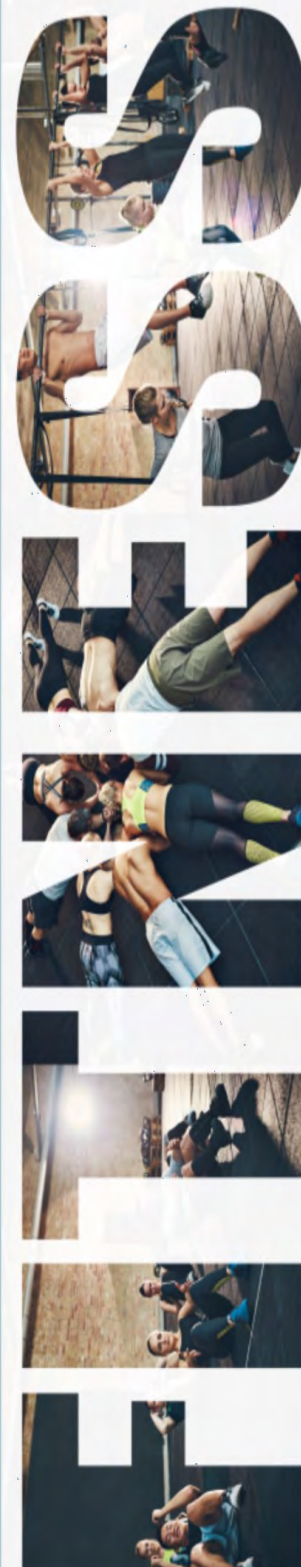
Participants are responsible for providing their own workout mat. LPRD does not provide mats for any fitness classes.

All classes/activities, times/dates/days, instructors, and pricing are subject to change at any time. Check for changes at the time of enrollment.

For more information please visit
www.lprd.org or call 785-330-7355.



City of Lawrence
PARKS AND RECREATION



**Lawrence
Parks and
Recreation**

**Fitness
Classes**

Fall 2021

Body Sculpt 415060

If you want to sweat, have fun, burn calories, and increase your muscular endurance then this is for you! This class combines suspension training with various other equipment in a circuit format to give you an effective full-body workout. The mix of suspension training and functional movements provides the ultimate workout to develop strength, endurance, balance, coordination, flexibility, power and core stability. Push your limits in this high-intensity, 45-minute experience.

Instructor: Melanie Johnson

M/W 9/13-12/15 6:30-7:15pm SPL-LR \$91

Circuit Training 415005

Maximize your time by getting a complete workout. This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations. Geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

Instructor: Teresa Kelley

M/W 9/13-12/15 6:15-6:45 pm SPL-FR \$91

Weights Express 415023

This class will get you in and out in 30 minutes twice a week. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different.

Instructor: Teresa Kelley

M/W 9/13-12/15 5:30-6:00 pm SPL-FR \$91

T/R 9/14-12/16 12:15-12:45 pm SPL-LR \$91

Strength Training 415006

Full body conditioning workout for everyone designed to enhance muscle definition, balance, strength, and endurance in major muscle groups. Focus on the upper and lower body, as well as the core. The class uses resistance bands, weights and your own body weight.

Instructor: Melanie Johnson

T/R 9/14-12/16 5:30-6:15 pm SPL-FR \$91

Kardio Knockout 415225

No bags no gloves, just a killer workout. Cardio combat is a dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. This class will undoubtedly improve your endurance and cardiovascular fitness, tone muscles and shred your abs if you practice consistently with power and precision.

Instructor: Rasha Adhima

Wed 9/15-12/15 12:10-12:50 pm SPL-LR \$52

Pumped with Mea 415120

This class is designed to keep you from hitting fitness plateaus. Kickboxing, free weights, body weight work, core, squats, cardio and Pilates are just a few of the genres in this class. Beat Driven Movement (BDR) keeps you engaged. We end with a deep stretch. This full body workout burns calories, sculpts muscles and gets you pumped physically and mentally.

Instructor: Mea Austin

Sat 9/18-12/18 10:45-11:25 am SPL-FR \$91

Pound 415002

This workout combines cardio, strength training and Pilates with drumming to achieve a full-body workout with constant simulated drumming to loud, upbeat music. Join us for an energizing, infectious, sweat dripping workout.

Instructor: Tori Robertson

M/W 9/13-12/15 5:30-6:15 pm SPL-LR \$91

Raise the Barre 415030

Get your burn, sweat and stretch in 30 minutes! This class combines ballet inspired strengthening moves with the mind body aspect of yoga and the precision core integration of Pilates. Dynamic stretching along with focused movement are designed to lengthen and sculpt the body safely and effectively. Please bring a mat for targeted core work.

Instructor: Melanie Johnson

T/R 9/14-12/16 6:25-6:55 pm SPL-FR \$91

