

FITNESS

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only due to space requirements but also the distraction of children to the instructor and class participants.

MATS

Participants are responsible for providing their own workout mat. – Shaded area in blue

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required by our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

BARRE FUSION

Ages: 15 and Up. Enrollment Min 6 / Max 8. 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. No class 11/24; 11/26. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415030	A	TR	4:30-5PM	9/15-11/5	CB-DS	\$54	\$64
415030	B	TR	4:30-5PM	11/10-12/17	CB-DS	\$34	\$44

Fee A is applied for enrollments on or before two weeks (14 days) prior to the start of the session. Fee B is applied for all enrollments processed less than 14 days from the start of the session.

BODY SCULPT EXPRESS

Ages: 15 and Up. Enrollment Min 10 / Max 10. Try this eclectic approach to exercise that combines yoga, Pilates and total body resistance training. Experience a sense of well-being while improving balance, strength and flexibility. We will use a variety of equipment including kettlebells, free weights, TRX suspension trainers and more! **Please bring a mat for floor work. No class 11/23-11/26. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415060	A	MW	6:30-7:15PM	9/14-11/4	CB-CR1	\$54	\$64
415060	B	TR	12:10-12:50PM	9/15-11/5	CB-CR2	\$54	\$64
415060	C	MW	6:30-7:15PM	11/9-12/16	CB-CR1	\$34	\$44
415060	D	TR	12:10-12:50PM	11/10-12/17	CB-CR2	\$34	\$44

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BOOTY BLAST

Ages: 15 and Up. Enrollment Min 10 / Max 10. Shape and tone your booty, hips, thighs and core. A blast of cardio booty moves put you in the burn zone. Multiple movements that focus on "junk in your trunk," are designed to give you glamorous glutes. The Beat Driven Movement (BDM) to Hip-hop and pop hits make tushy toning a blast. **Bring a mat. No class 11/28. Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415018	A	S	10:30-11:10AM	9/19-11/7	SPL-FR	\$34	\$44
415018	B	S	10:30-11:10AM	11/14-12/19	SPL-FR	\$21	\$31

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CARDIO X-TRAINER

Ages: 15 and Up. Enrollment Min 10 / Max 10. Formatted for all skill levels, Cardio X-Trainer will help you sculpt, tone and burn to the level you desire in this dynamic group setting. Burn calories with intense cardio, while gaining lean muscle, and increasing strength by targeting every muscle group. Some activities may be performed outdoors, weather permitting. **No class 11/23. Instructor: Nicole Heck**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE A	FEE B
415104	A	CARDIO	M	5:45-6:30PM	9/14-11/2	CB-CR2	\$34	\$44
415104	B	CARDIO	M	5:45-6:30PM	11/9-12/14	CB-CR2	\$21	\$31

CYCLING – POWER HOUSE

Ages: 15 and Up. Enrollment Min 6 / Max. 8. This class will cover all basic techniques designed for everyone, from beginner to advanced riders. With a motivating instructor, you will take your love of cardio workouts and turn it into a passion for cycling. **No class 11/24; 11/26. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415352	A	TR	5:20-6:05PM	9/15-11/5	CB-KR	\$70	\$80
415352	B	TR	5:20-6:05PM	11/10-12/17	CB-KR	\$44	\$54

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CYCLING – REVOLUTION

Ages: 15 and Up. Enrollment Min 6 / Max. 8. A creative blend of our most popular cycling formats that takes you on an International Journey Rides. This class engages upper, lower and core workout. A great workout designed for people of all ages and fitness levels. Guaranteed to burn calories and keep the rider guessing what comes next. **No class 11/28.**

Instructor: Christie Ogunnowo.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415356	A	S	9-9:45AM	9/19-11/7	CB-KR	\$36	\$46
415356	B	S	9-9:45AM	11/14-12/19	CB-KR	\$23	\$33

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CYCLING – SPIN CORE

Ages: 15 and Up. Enrollment Min 6 / Max. 8. A high energy 25-minute spin class, finishing off with a 20-minute powerful floor-based mat workout to strengthen and attack your core area. **No class 11/23; 11/25. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415354	A	MW	5:30-6:15PM	9/14-11/4	CB-KR	\$70	\$80
415354	B	MW	5:30-6:15PM	11/9-12/16	CB-KR	\$44	\$54

Fee A is applied for enrollments on or before two weeks (14 days) prior to the start of the session. Fee B is applied for all enrollments processed less than 14 days from the start of the session.

EXHALE

Ages: 15 and Up. Enrollment Min 10 / Max 10. This infusion of yoga, Pilates, and barre will tone your core and elongate muscles. Deep breathing oxygenates your muscles and soothes your mind. A dark room with soft lighting creates a peaceful, calming environment. Modifications are made for beginners while challenging movements are offered for the experienced. We work every muscle, head to toe and increase flexibility. **Bring a mat. No class 11/23; 11/25. Instructor:**

Mea Austin.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415009	A	MW	5:45-6:25PM	9/14-11/4	ELRC-MR	\$54	\$64
415009	B	MW	5:45-6:25PM	11/9-12/16	ELRC-MR	\$34	\$44

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H.I.I.T: "HIGH INTENSITY INTERVAL TRAINING"

Ages: 15 and Up. Enrollment Min 10 / Max 15. HIIT is an intense Cardiovascular exercise alternating with less intense recovery periods; using Tabata formats! It's a fat blasting workout. You'll lose weight – not muscle – increase metabolism and build a healthier heart. **No class 11/23; 11/25. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415101	A	MW	5:45-6:40PM	9/14-11/4	HPRC-GY	\$54	\$64
415101	B	MW	5:45-6:40PM	11/9-12/16	HPRC-GY	\$34	\$44

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KICKBOXING TURBO

Ages: 15 and Up. Enrollment Min 10 / Max 10. This is a class that combines aerobics, boxing, martial arts and hip-hop. KBT is hot and produces astounding results! You will be kicking, punching, zig-zagging and toning your core as you are grooving away hundreds of calories in action-packed, super fun moves! This class accommodates all fitness levels! Low and high impact will be demonstrated so you can work at your own pace! Join us to burn fat, have fun and kick your body into shape! **No class 11/24. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415076	A	T	5:45-6:40PM	9/15-11/3	HPRC-GY	\$34	\$44
415076	B	T	5:45-6:40PM	11/10-12/15	HPRC-GY	\$21	\$31

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KNOCK OUT

Ages: 15 and Up. Enrollment Min 10 / Max 10. Punch, jab and kick in this fusion of boxing, martial arts and aerobics done rhythmically to music. This total-body workout, this combo is fun, full of positivity and will “kick” your butt! This class offers a unique way to “knockout” stress and chisel your muscles. **No class 11/29. Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415075	A	S	9:35-10:15AM	9/19-11/7	SPL-FR	\$34	\$44
415075	B	S	9:35-10:15AM	11/14-12/19	SPL-FR	\$21	\$31

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PILATES

Ages: 15 and Up. Enrollment Min 10 / Max 10. Pilates will help focus your mind and body. Classes focus on stretching and elongating your spine while strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class! Pilates is a great way to get your workout in while you unwind from a long day! **No class 11/29. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415224	A	S	9-9:50AM	9/19-11/7	CB-CR1	\$34	\$44
415224	B	S	9-9:50AM	11/14-12/19	CB-CR1	\$21	\$31

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PILATES, MAT

Ages: 15 and Up. Enrollment Min 10 / Max 10. Our Pilates mat class is designed to challenge the beginner and the practicing Pilates student. Mat classes are a great way to learn the fundamental principles of the Pilates method. A full body-conditioning program to improve strength, flexibility, balance, control and muscular symmetry. The rhythmic exercises promote elongated and toned muscles. Pilates is noted for developing abdomen, lower back and buttocks strength to create a strong body core. **No class 11/25. Instructor: Pat Middaugh.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415127	A	R	5:30-6:25PM	9/17-11/5	HPRC-BR	\$34	\$44
415127	B	R	5:30-6:25PM	11/12-12/17	HPRC-BR	\$21	\$31

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PILATES, POP

Ages: 15 and Up. Enrollment Min 10 / Max 10. POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you’ve never seen before. **No class 11/23; 11/25. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415032	A	MW	5:30-6:15PM	9/14-11/4	CB-CR1	\$54	\$64
415032	C	MW	5:30-6:15PM	11/9-12/16	CB-CR1	\$34	\$44

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PIYO LIVE

Ages: 15 and Up. Enrollment Min 10 / Max 10 (M/W) Min 6 / Max 12 (Fri). PiYo LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use your body weight to perform a series of continuous, target moves to define every single muscle, big and small. **No class 11/23; 11/25;**

11/27. Instructor: Anna Oliver.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415020	A	MW	7:05-7:55PM	9/14-11/4	SPL-FR	\$54	\$64
415020	B	F	8:30-9:20AM	9/18-11/6	SPL-LR	\$43	\$53
415020	C	MW	7:05-7:55PM	11/9-12/16	SPL-FR	\$34	\$44
415020	D	F	8:30-9:20AM	11/13-12/18	SPL-LR	\$27	\$37

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POUND

Ages: 15 and Up. Enrollment Min 10 / Max 10. Channel your inner performer and rock your body with this modern-day fusion of movement and music. POUND is a full-body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming. Using Ripstix – weighted drumsticks engineered for exercise –POUND fuses Pilates, isometric movements, plyometric and yoga-based poses into a class. Burn up to 600 calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physiques, all while rocking out to your favorite music.

No class 11/24; 11/26. Instructor: Tori Robertson.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415002	B	MW	5:30-6:15PM	11/9-12/16	HPRC-BR	\$34	\$44

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POWER SCULPT

Ages: 15 and Up. Enrollment Min 10 / Max 10. The ultimate strength training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Not for the first-time weightlifter. No class 11/26; 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415011	A	R	5:45-6:40PM	9/17-11/5	HPRC-GY	\$34	\$44
415011	B	S	10-10:50AM	9/19-11/7	CB-CR2	\$34	\$44
415011	C	R	5:45-6:40PM	11/12-12/17	HPRC-GY	\$21	\$31
415011	D	S	10-10:50AM	11/14-12/19	CB-CR2	\$21	\$31

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PUMPED

Ages: 15 and Up. Enrollment Min 10 / Max 20. Do you want more energy? Do you want to change the way your clothes fit? Get Pumped! 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. **Bring a mat to class. No class 11/23; 11/25. Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415120	A	MW	6:40-7:20PM	9/14-11/4	ELRC-GY	\$54	\$64
415120	B	MW	6:40-7:20PM	11/9-12/16	ELRC-GY	\$34	\$44

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TRX-BASICS

Ages: 15 and Up. Enrollment Min 5 / Max 6. This basic class provides a well-balanced workout to target every muscle in your body and to move in all plans of motion. Become tone and strong while your core is always active. Challenge yourself to improve your flexibility, balance and stability. Proper form and technique is emphasized while using the TRX straps and learn principles that you can apply to any type of strength training. Class can be adjusted to all fitness levels.

No class 11/24, 11/26. Instructor: Melanie Johnson.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE A	FEE B
415111	A	TRXBASIC	TR	8-8:45AM	9/15-11/5	SPL-LR	\$70	\$80
415111	B	TRXBASIC	TR	8-8:45AM	11/10-12/17	SPL-LR	\$44	\$54

TRX FLOW

Ages: 15 and Up. Enrollment Min 5 / Max 6. Challenge yourself with a little flow, rhythm, balance and have the ability to work at your own level and pace in a safe and effective, non-impact environment. Build real strength and tone like never before in your arms, shoulders, back, derriere, and legs. **No class 11/24; 11/26. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415107	A	TR	9-9:45AM	9/15-11/5	SPL-LR	\$70	\$80
415107	B	TR	9-9:45AM	11/10-12/17	SPL-LR	\$44	\$54

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TRX FIT

Ages: 15 and Up. Enrollment Min 5 / Max 6. Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. This TRX experience will lead you down the road to your best all-around fitness. **No class 11/24; 11/26. Instructor: Amy Whittaker.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415112	A	TR	6-6:45PM	9/15-11/5	SPL-LR	\$70	\$80
415112	B	TR	6-6:45PM	11/10-12/17	SPL-LR	\$44	\$54

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UNIVERSAL GROOVY DANCE

Ages: 15 and Up. Enrollment Min 10 / Max 10. Rock that body with the new classy Universal Groovy Dance! If you like Zumba; you will love UGD as it combines the latest moves from Africa, Colombian, American and Latin dances! No knees torqueing/twisting, just Funky and easy to follow dances! In 50-minutes you're constantly moving, shaking, burning and shedding all those unwanted calories! You will SWEAT! **No class 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415004	A	S	11-11:50AM	9/19-11/7	CB-CR2	\$34	\$44
415004	B	S	11-11:50AM	11/14-12/19	CB-CR2	\$21	\$31

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WEIGHTS EXPRESS

Ages: 15 and Up. Enrollment Min 10 / Max 10. 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. **No class 11/23;**

11/25. Instructor: Teresa Kelley.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415023	A	MW	5:30-6PM	9/14-11/4	SPL-FR	\$46	\$56
415023	C	MW	6:15-6:45PM	9/14-11/4	SPL-FR	\$46	\$56
415023	D	MW	5:30-6PM	11/9-12/16	SPL-FR	\$29	\$39
415023	E	MW	6:15-6:45PM	11/9-12/16	SPL-FR	\$29	\$39

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WERK OUT

Ages: 18 and Up. Min 10 / Max 12. Let loose, laugh, shake, twerk, sweat, burn calories and lift each other up. It is a night out with the girls! Cannot dance – WHO CARES! THE LIGHTS ARE OUT! The music is pop'n and the only thing that matters is that you are having a good time. Shake your booty and tone the junk in your trunk. This is not a workout – it is a party. **Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415100	A	WO	F	6:30-7:30PM	10/2	SPL-LR	\$10

YOGA, BEGINNER

Ages: 15 and Up. Enrollment Min 10 / Max 12. This class is designed as an introduction to the practice of Yoga. Class is slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. **No class 11/29. Instructor: M.A. Saunders.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415015	A	SU	3-4PM	9/13-11/1	CB-CR2	\$34	\$44
415015	B	SU	3-4PM	11/8-12/13	CB-CR2	\$21	\$31

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YOGA, FLOW

Ages: 15 and Up. Min 10 / Max 10. Suitable for beginners and experienced students who enjoy a gentler class. Develop body awareness, learn basic postures, and proper alignment. Learn how to sequence breath and movements and become familiar with the connection to your physical and energetic body. **No class 11/29. Instructor: Shelby Miller.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415040	A	T	5:30-6:25PM	9/15-11/3	ELRC-MR	\$34	\$44
415040	B	T	5:30-6:25PM	11/10-12/15	ELRC-MR	\$21	\$31

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YOGA GRIND

Ages: 15 and Up. Min 10 / Max 10. Want to get some cardio in with your yoga? This challenging workout fuses yoga beat driven movement (BDM) and plyometric. Burn calories, sculpt muscles, and strengthen your core with rhythmic yoga moves that let you shake your booty. **No class 11/28. Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415041	A	S	11:20AM-12PM	9/19-11/7	SPL-FR	\$34	\$44
415041	B	S	11:20AM-12PM	11/14-12/19	SPL-FR	\$21	\$31

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YOGA EXPRESS

Ages: 15 and Up. Enrollment Min 10 / Max 10. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **No class 11/24; 11/26. Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415022	A	TR	12:10-12:50PM	9/15-11/5	SPL-FR	\$54	\$64
415022	B	TR	12:10-12:50PM	11/10-12/17	SPL-FR	\$34	\$44

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YOGA, SLOW FLOW

Ages: 15 and Up. Enrollment Min 10 / Max 10. Mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class features a slow paced integration in the beginning of class and a long savasana at the end of class. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. **No experience is required. Bring a mat or blanket to class. No class 11/24. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415016	A	T	10-11AM	9/15-11/3	SPL-FR	\$34	\$44
415016	B	T	10-11AM	11/10-12/15	SPL-FR	\$21	\$31

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YOGA STRETCH

Ages: 15 and Up. Enrollment Min 10 / Max 10. A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion. **No class 11/23; 11/25.**

Instructor: M.A. Saunders.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE A	FEE B
415017	A	MA	T	5:30-6:30PM	9/15-11/3	HPRC-BR	\$34	\$44

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YOGA AT THE WINERY WORKSHOP

Ages: 21 and Up. Enrollment Min 10 / Max 15. Take your relaxation up a notch and join us for a one-hour yoga class followed by a tasting of six wines and light bites on the stunning grounds of Crescent Moon Winery. Bring your yoga mat and meet us at the vineyard. When you arrive, you'll be led through an hour-long Vinyasa class, then have the opportunity to indulge your taste buds with a guided tasting of six wines in the Crescent Moon Winery's tasting room. This is open to all levels. **Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415276	A	YOGA	F	6:30-8:30PM	10/9	CMW	\$20

YOGILATES

Ages: 15 and Up. Enrollment Min 10 / Max 12. The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Please bring a mat to class. No class 11/24; 11/26; 11/28. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415121	A	TR	5:30-6:25PM	9/15-11/5	CB-CR1	\$54	\$64
415121	C	TR	5:30-6:25PM	11/10-12/17	CB-CR1	\$34	\$44

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ZUMBA

Ages: 15 and Up. Enrollment Min 10 / Max 20. Zumba is rapidly becoming the next fitness sensation! Zumba aerobics incorporate Salsa, Belly Dance, West African and other World Dance moves in a FUN, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **No class 11/23; 11/25; 11/26; 11/27; 11/28.**

Instructors: Pat Middaugh (PM) | Susan King (SK) | Amy Ash (AA) | Paula Fay (PF).

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE A	FEE B
415000	A	PM	MWF	12:10-12:50PM	9/14-11/6	CB-GYM	\$66	\$77
415000	B	SK	M	5:30-6:25PM	9/14-11/2	CB-GYM	\$34	\$44
415000	C	PF	T	7-7:50PM	9/15-11/3	SPL-LR	\$34	\$44
415000	D	SK	W	5:30-6:25PM	9/16-11/4	CB-GYM	\$34	\$44
415000	E	AA	S	9-9:50AM	9/19-11/7	SPL-LR	\$34	\$44
415000	F	PM	MWF	12:10-12:50PM	11/9-12/18	CB-GYM	\$42	\$52
415000	G	SK	M	5:30-6:25PM	11/9-12/14	CB-GYM	\$21	\$31
415000	H	PF	T	7-7:50PM	11/10-12/15	SPL-LR	\$21	\$31
415000	I	SK	W	5:30-6:25PM	11/11-12/16	CB-GYM	\$21	\$31
415000	J	AA	S	9-9:50AM	11/14-12/19	SPL-LR	\$21	\$31

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ZUMBA COMBO

Ages: 15 and Up. Enrollment Min 10 / Max 10. Add variety to your Zumba workout with this class that meets twice a week. In one class, Zumba will take the "work" out of your workout by mixing low and high intensity moves for an interval style, calorie burning dance fitness party using Latin and World Rhythms. Your other class, Zumba Toning, brings the challenge of adding resistance using light weight maraca-like toning sticks that help define and tone your upper body, while still bringing the dance party element to bring you a full body workout!" **No class 11/23; 11/25. Instructor: Anna Oliver.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
415007	A	MW	6-6:50PM	9/14-11/4	SPL-CR	\$54	\$64
415007	B	MW	6-6:50PM	11/9-12/16	SPL-CR	\$34	\$44

Fee A is applied for enrollments on or before two weeks (14 days) prior to the start of the session. Fee B is applied for all enrollments processed less than 14 days from the start of the session.

FITNESS WORKSHOPS

ZUMBA TURKEY BURN WITH ANNA

Ages: 15 and Up. Enrollment Min 10 / Max 12. Worried that Thanksgiving is going to throw off your fitness goals? Anna has the cure to that Post Turkey Day Guilt – TURKEY BURN with ZUMBA! Join us for this special Zumba workshop.

Instructor: Anna Oliver.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415005	A	TB	F	9-10:15AM	11/27	SPL-LR	\$10

ZUMBA NEW YEAR DANCE PARTY

Ages: 15 and Up. Enrollment Min 10 / Max 12. Join licensed Zumba Fitness instructors for a one of a kind end of year Zumba Dance Party! Come out and kick off the New Year Resolution early! Enjoy dances from the best routines of 2020 and some new songs too! Bring a friend and get ready to finish up the year Zumba style! **Instructors: Anna Oliver & other Zumba instructors.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415006	A	ZNY	W	6-7:15PM	12/30	SPL-LR	\$10