

Lifelong Recreation provides programs designed to maintain an active lifestyle for people age 50 and older. If you are younger than 50 years-old but interested in any program in the 50-plus section of this guide, contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org. We will be happy to enroll you, if space is available. If you have suggestions for programs: something you have always wanted to do, something unusual, challenging or just more fun with a group, please share your ideas.

Lifelong and community fitness classes are open to adults of all ages. Lifelong classes are designed and scheduled for older adults. Instructors have training and experience for age related modifications. Lifelong sessions are typically shorter and fees are lower than community classes.

NEWSLETTER

Watch for our quarterly newsletter, which highlights activities, events, trips and programs from the guide or activities planned after publication. Most travel is planned after publication of the guide. If you would like to be placed on the mailing list, call (785) 832-7920, email gsigurdson@lawrenceks.org or subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

FITNESS

Choosing the right fitness program will help you enjoy what you are doing and remain motivated over time. LPRD instructors can help guide you in adapting a class to your needs. To get you started, classes are rated one to three stars. For the best experience, consider your current fitness level and goals when registering. Still not sure? Guest passes are available for fitness classes. Use them to attend a single class session and make the right choice for your goals.

*Introductory: Just starting to exercise or haven't exercised in six months.

**Intermediate: Fairly active in sports, dance or some type of regular exercise (2 to 3 times per week).

***Advanced: Very active in sports or have been exercising four or more times per week for six months.

PERSONAL TRAINING

Not sure where to start on your fitness goals? A personal trainer can design a personalized exercise program to meet both short and long-term fitness goals. Working with a trainer will provide motivation and accountability. A trainer will teach you proper form and technique and select the exercises that assure you are getting the most benefit from your workout.

Personal training is offered at any Lawrence recreation center. A one-hour session with Lawrence Parks and Recreation personal trainers can be purchased individually or with a partner. Different pricing packages are available. Participants of all ages will need to complete a registration and consent form. Clients considered medically high-risk will need medical clearance.

Information about personal training, trainers, forms and pricing are available online at www.lprd.org or contact Gayle Sigurdson at 785-832-7909, gsigurdson@lawrenceks.org.

MATS

Mats are no longer available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and inservice seminars to maintain current certification. CPR and First Aid certification are also required from 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 activity.

AEROBIC DANCE AND TONE

Exercise has never been so fun. Get moving with fun lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This total body package will keep you looking and feeling young. **No class week of Thanksgiving. Instructor:**

Teresa Kelley.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427201	A	MWF	8:50-9:50AM	9/14-10/9	HPRC-GY	\$32	\$42
427201	B	MWF	8:50-9:50AM	10/12-11/6	HPRC-GY	\$32	\$42
427201	C	MWF	8:50-9:50AM	11/9-12/18	HPRC-GY	\$40	\$50

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.

BEGINNING & ADVANCED SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **No class week of Thanksgiving. Instructors:**

Moderate-Deb Geraghty (DG); Advanced-Melanie Johnson (MJ).

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE A	FEE B
427233	A	MJ	MWF	8-8:50AM	9/14-10/9	HPRC-BR	\$32	\$42
427233	B	MJ	MWF	8-8:50AM	10/12-11/6	HPRC-BR	\$32	\$42
427233	C	MJ	MWF	8-8:50AM	11/9-12/18	HPRC-BR	\$40	\$50
427234	A	DG	MWF	9-9:50AM	9/14-10/9	HPRC-BR	\$32	\$42
427234	B	DG	MWF	10-10:50AM	9/14-10/9	HPRC-BR	\$32	\$42
427234	C	DG	TR	9-9:50AM	9/15-10/8	ELRC	\$25	\$35
427234	D	DG	MWF	9-9:50AM	10/12-11/6	HPRC-BR	\$32	\$42
427234	E	DG	MWF	10-10:50AM	10/12-11/6	HPRC-BR	\$32	\$42
427234	F	DG	TR	9-9:50AM	10/13-11/5	ELRC	\$25	\$35
427234	G	DG	MWF	9-9:50AM	11/9-12/18	HPRC-BR	\$40	\$50
427234	H	DG	MWF	10-10:50AM	11/9-12/18	HPRC-BR	\$40	\$50
427234	I	DG	TR	9-9:50AM	11/10-12/17	ELRC	\$31	\$41

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DANCE FITNESS

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

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427250	A	TR	9-10AM	9/15-10/8	CB-GY	\$25	\$35
427250	B	TR	9-10AM	10/13-11/5	CB-GY	\$25	\$35
427250	C	TR	9-10AM	11/10-12/17	CB-GY	\$31	\$41

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LA BLAST

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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE A	FEE B
427330	A	LABLAST	TR	10-11AM	9/15-10/8	HPRC-GY	\$22	\$32
427330	B	LABLAST	TR	10-11AM	10/13-11/5	HPRC-GY	\$25	\$35
427330	C	LABLAST	TR	10-11AM	11/10-12/17	HPRC-GY	\$31	\$41

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PILATES SILVER

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **No class week of Thanksgiving. Instructor: Pat Middaugh.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427204	A	TR	8:30-9:30AM	9/15-10/8	HPRC-GY	\$25	\$35
427204	B	TR	8:30-9:30AM	10/13-11/5	HPRC-GY	\$25	\$35
427204	C	TR	8:30-9:30AM	11/10-12/17	HPRC-GY	\$31	\$41

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SLIMNASTICS **

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

No class week of Thanksgiving. Instructor: Rosie Shelton.

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427310	A	MWF	9-10AM	9/14-10/9	CB-GY	\$32	\$42
427310	B	MWF	9-10AM	10/12-11/6	CB-GY	\$32	\$42
427310	C	MWF	9-10AM	11/9-12/18	CB-GY	\$40	\$50

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SUPER SENIOR CIRCUIT

This 50-minute "full body" group workout is designed for the active senior adult, regardless of previous experience with strength training. 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. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this commonsense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class week of Thanksgiving. Instructor: Chad Harper.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427255	B	MWF	8:30-9:20AM	9/14-10/9	SPL-FR	\$32	\$42
427255	C	MWF	9:30-10:20AM	9/14-10/9	SPL-FR	\$32	\$42
427255	D	MWF	10:30-11:20AM	9/14-10/9	SPL-FR	\$32	\$42
427255	E	TR	7:30-8:20AM	9/15-10/8	SPL-FR	\$25	\$35
427255	F	TR	8:30-9:20AM	9/15-10/8	SPL-FR	\$25	\$35
427255	H	MWF	8:30-9:20AM	10/12-11/6	SPL-FR	\$32	\$42
427255	I	MWF	9:30-10:20AM	10/12-11/6	SPL-FR	\$32	\$42
427255	J	MWF	10:30-11:20AM	10/12-11/6	SPL-FR	\$32	\$42
427255	K	TR	7:30-8:20AM	10/13-11/5	SPL-FR	\$25	\$35
427255	L	TR	8:30-9:20AM	10/13-11/5	SPL-FR	\$25	\$35
427255	M	MWF	8:30-9:20AM	11/9-12/18	SPL-FR	\$40	\$50
427255	N	MWF	9:30-10:20AM	11/9-12/18	SPL-FR	\$40	\$50
427255	O	MWF	10:30-11:20AM	11/9-12/18	SPL-FR	\$40	\$50
427255	P	TR	7:30-8:20AM	11/10-12/17	SPL-FR	\$31	\$41
427255	Q	TR	8:30-9:20AM	11/10-12/17	SPL-FR	\$31	\$41

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TAI CHI FOR ALL

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. The Arthritis Foundation of America, Centers for Disease Control and Prevention and Administration on Aging each recommend this program as meeting their standards for health programming. **No class week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
427502	A	TR	11:15AM-12PM	9/15-10/8	HPRC-GY	\$22	\$32
427502	B	TR	11:15AM-12PM	10/13-11/5	HPRC-GY	\$25	\$35
427502	C	TR	11:15AM-12PM	11/10-12/17	HPRC-GY	\$31	\$41

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YOGA

Revitalize muscles and increase flexibility while learning how to stabilize your spine through the mindful movement and breath. By using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. **No class week of Thanksgiving. Instructors: Kristen Spencer (KS), Mary Anne Saunders (MS).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE A	FEE B
427270	A	MS	R	10-11AM	9/17-10/8	CB-CR	\$16	\$26
427270	B	KS	TR	9:30-10:30AM	9/15-10/8	HPRC	\$25	\$35
427270	C	KS	TR	10:40-11:40AM	9/15-10/8	HPRC	\$25	\$35
427270	D	MS	R	10-11AM	10/15-11/5	CB-CR	\$16	\$26
427270	E	KS	TR	9:30-10:30AM	10/13-11/5	HPRC	\$25	\$35
427270	F	KS	TR	10:40-11:40AM	10/13-11/5	HPRC	\$25	\$35
427270	G	MS	R	10-11AM	11/12-12/17	CB-CR	\$19	\$29
427270	H	KS	TR	9:30-10:30AM	11/10-12/17	HPRC	\$31	\$41

427270 J KS TR 10:40-11:40AM 11/10-12/17 HPRC \$31 \$41

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RECREATION INSTRUCTION

BEGINNING MINDFULNESS MEDITATION – ZOOM ONLINE

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: Jeff Nichols.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427271	A	MINDFUL	W	4:30-6PM	9/30-11/4	ZOOM	\$37

CONTINUING MINDFULNESS MEDITATION – ZOOM ONLINE

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. No class on 11/27. Instructor: Jeff Nichols.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427297	A	CONTMIND	W	4:30-6PM	12/2-12/16	ZOOM	\$26

SPORTS

BOCCE BALL FREE PLAY

LPRD has two bocce ball courts available for free play at Holcom Park. Equipment is available for check-out inside the recreation center.

PICKLEBALL

Pickleball courts are available for free play at Lyons Park, Holcom Park, Dad Perry Park East Lawrence Center and Sports Pavilion Lawrence. Call to confirm availability of indoor courts.

FIELD TRIPS

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.

WHAT'S THAT TREE? – THE ROTARY ARBORETUM

In this class we'll learn about "Tree Walks" and how to identify and appreciate our native and ornamental trees as autumn approaches. There will be two short walks on sidewalks along with good opportunities to sit down and study our collections. **Rain date October 8. Instructor: Jon Standing.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427463	A	WHATTREE	R	10AM-12:30PM	10/1	ARBORTM	\$15

WALKING TOUR OF OLD WEST LAWRENCE

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. **Rain date: September 10.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427329	A	WALKOWL	R	6:00-7:30PM	9/3	WATPK	\$22

LAWRENCE HIDDEN VALLEY CAMP

Do you want to switch up the scenery for your local walks? The Lawrence Hidden Valley Camp (LHVC) 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 is an active hikes on natural trails. Please dress accordingly. **Rain Date: September 28.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427323	A	LHVCAMP	M	4:00-5:30PM	9/21		\$15