

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, and are welcome to bring any personal equipment required for the class.

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. **Instructor: Teresa Kelley.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327201	B	MWF	8:50-9:50AM	7/13-8/28	HPRC-GY	\$55

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
327250	C	TR	9-10AM	7/14-8/27	CB-GY	\$42

FITNESS FOR LIFE

Fitness for Life combines a low-impact aerobic dance workout with strength training and stretching, which incorporates strength and balance training for improved coordination and agility. **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327256	B	FIT4LIFE	MWF	10-11AM	7/13-8/28	HPRC-GY	\$55

FITNESS YOGA

Promote general health and well being through the practice of basic Hatha yoga postures and Vinyasa flow sequences. In this laid-back class, participants are encouraged to work at their own level of ability so they can develop greater strength, flexibility, balance, agility, endurance and focus. **Instructor: Fran Hopkins**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327282	B	FITYOGA	W	5:30-6:30PM	7/15-8/26	CB-CR2	\$27

JOINTS IN MOTION

A class for gentle, effective exercise that does not strain joints. Working from seated and standing positions (no floor work) this class provides the benefits of exercise for those new to exercise or managing chronic conditions. **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327290	B	JOINMO	TR	5:30-6:30PM	7/14-8/27	SPL-CH	\$42

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
327302	B	LABLAST	TR	10-11AM	7/14-8/27	HPRC-GY	\$42

PILATES SILVER

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core hips, thighs, and abdominal muscles, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motions, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	B	PILATES	TR	8:30-9:30AM	7/14-8/27	HPRC-GY	\$42

SENIOR STRENGTH TRAINING (ALL LEVELS)

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. **Instructors: Moderate-Deb Geraghty (DG);**

Advanced-Melanie Johnson (MJ).

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
327233	C	MJ	MWF	8-8:50AM	7/13-8/28	HPRC-BR	\$55
327234	D	DG	MWF	9-9:50AM	7/13-8/28	HPRC-BR	\$55
327234	E	DG	MWF	10-10:50AM	7/13-8/28	HPRC-BR	\$55
327234	H	DG	TR	9-9:50AM	7/14-8/27	CB	\$42

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.

Instructor: Rosie Shelton.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327310	B	MWF	9-10AM	7/13-8/28	CB-GY	\$55

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. **Instructor: Chad Harper.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327255	H	MWF	8:30-9:20AM	7/13-8/28	SPL-FR	\$55
327255	I	MWF	9:30-10:20AM	7/13-8/28	SPL-FR	\$55
327255	J	MWF	10:30-11:20AM	7/13-8/28	SPL-FR	\$55
327255	K	TR	7:30-8:20AM	7/14-8/27	SPL-FR	\$42
327255	L	TR	8:30-9:20AM	7/14-8/27	SPL-FR	\$42

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. **Instructor: Susan Pomeroy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327502	C	TR	11:15AM-12PM	7/14-8/27	HPRC-GY	\$42
327502	D	TR	5:30-6:15PM	7/14-8/27	CB-CR2	\$42

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. **Instructors: Kristen Spencer (KS), Mary Anne Saunders (MS).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
327270	D	MS	R	10-11AM	7/16-8/27	CB-CR	\$27
327270	F	KS	TR	9:30-10:30AM	7/14-8/27	HPRC	\$42
327270	J	KS	TR	10:40-11:40AM	7/14-8/27	HPRC	\$42