

# FITNESS

## DISCLAIMER

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.

## 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.

## BODY SCULPT ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 15.* 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. All-levels are welcome. **Bring a mat. No class 11/22; 11/24. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415060	A	MW	6:30-7:15PM	9/13-12/15	SPL-LR	\$91

## CIRCUIT TRAINING ★½

*Ages: 15 and Up. Enrollment Min 10 / Max 14.* 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. **Bring a mat. No class 11/22; 11/24. Instructor: Teresa Kelley**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415005	A	MW	6:15-6:45PM	9/13-12/15	SPL-FR	\$91

## CYCLE – CRANK IT UP ★★ NEW

*Ages: 15 and Up. Enrollment Min 6 / Max. 14.* Experience an indoor ride like no other! The ride will have you moving for an intense cardiovascular workout. Prepare to be inspired by an exciting set of music tracks for maximum enjoyment and an amazing workout. **No class 11/27. Instructor: Christie Ogunnowo**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415356	A	S	9-9:45AM	9/18-12/18	CB-KR	\$65

## CYCLING – SPIN IT ★½

*Ages: 15 and Up. Enrollment Min 6 / Max. 14.* Our signature 45-minute ride is a full body workout that will change you inside and out. Expect to work your legs, core, and arms (with hand weights) and leave feeling focused, energized, and empowered. **No class 11/22; 11/24. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415354	A	MW	5:15-6PM	9/13-12/15	CB-KR	\$104

## ESSETRICS, STRENGTHEN THROUGH STRETCH ★ NEW

*Ages: 15 and Up. Enrollment Min 10 / Max. 14.* Classes may use a combination of standing, floor, or barre movements to rebalance muscle tone through stretch, improve posture and balance, restore ease and range of motion to joints, and relieve chronic aches and pains. Leave each class moving freer and feeling younger than when you came in. **Bring a mat and towel. No class 11/25. Instructor: Kirstin Olson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415027	A	R	5:30-6:25PM	9/16-12/16	HPRC-BR	\$52

## CODE DIRECTORY

### FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln  
 CB.....Community Building, 1115 W 11th St  
 HPRC.....Holcom Park Recreation Center, 2700 W 27th St

### ROOM

FR.....Fitness Room  
 LR.....Legacy Studio  
 CR1.....Community Room 1  
 CR2.....Community Room 2  
 BR.....Wayne Bly Room  
 GY.....Gymnasium

## H.I.I.T: “HIGH INTENSITY INTERVAL TRAINING” ★★½

*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. **Bring a mat. No class 11/22; 11/24. Instructor: Christie Ogunnowo**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415101	A	MW	5:45-6:40PM	9/13-12/15	HPRC-GY	\$91

## KAP COMBO ★½

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combo packs in one class. KAP incorporates kickboxing techniques with an intense cardio workout, alternates with strength training to challenge all your muscle groups with weights and resistance bands. Finish with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. No class 11/23. Instructor: Christie Ogunnowo**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415076	A	T	5:45-6:40PM	9/14-12/14	HPRC-GY	\$52

## KARDIO KNOCKOUT ★½ NEW

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* No bags, no gloves, just a killer workout! Cardio Combat is a dynamic and explosive class that incorporates kickboxing techniques with alternating 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. This intense cardio kickboxing class will leave you sweating, pumped and ready to take on the world! **Bring a mat. No class 11/24. Instructor: Rasha Adhima**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415225	A	W	12:10-12:50PM	9/15-12/15	SPL-LR	\$52

## PILATES ★½ NEW

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A low-impact program on the joints and uses controlled movements, with primary focus on the core to build strength, flexibility and endurance in a full body workout. Pilates teaches control balance of one's mind and body, often focusing on the quality of movement rather than the quantity of movement. **Bring a mat. No class 11/27. Instructor: Fran Hopkins**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415226	A	S	9:30-10:20AM	9/18-12/18	SPL-FR	\$52

## PILATES EXPRESS ★½

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A challenging workout for your core, arms, legs and lower body that creates flexibility, balance and strength. This is a total body workout that infuses Pilates with a hint of yoga and basic ballet fundamentals to tone and elongate muscles. You will see results quickly and eliminate stress with this fusion of low impact movements. **Bring a mat. No class 11/22; 11/24. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415223	A	MW	12:10-12:50PM	9/13-12/15	SPL-FR	\$91

CANCELLED

# FITNESS

## POUND ★★

Ages: 15 and Up. Enrollment Min 10 / Max 15. This workout combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Includes limited drumming to loud, upbeat music. Join us for an energizing, infectious, sweat dripping workout. **Bring a mat. No class 11/22; 11/24. Instructor: Tori Robertson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415002	A	MW	5:30-6:15PM	9/13-12/15	SPL-LR	\$91

## POWER SCULPT ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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. **Bring a mat. No class 11/25; 11/27. Instructor: Christie Ogunnowo**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415011	A	R	5:45-6:40PM	9/16-12/16	HPRC-GY	\$52
415011	B	S	10-10:50AM	9/18-12/18	CB-CR2	\$52

## POWER TONE EXPRESS ★½ NEW

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class incorporates strength, balance and flexibility training using various equipment to bring body changing results. **Bring a mat. No class 11/23; 11/25. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415034	A	TR	12:10-12:50PM	9/14-12/16	CB-RM2	\$91

## PUMPED WITH MEA ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Do you want to feel healthier and experience fast changes in your shape? Get Pumped with Mea! This class is designed to keep you from hitting a plateau and to make sure you have a fun, safe workout that won't feel like a workout! Kickboxing, free weights, core work, arm work, squats, cardio, Pilates and a final deep stretch will keep your mind engaged and your metabolism amped. Guaranteed to put a smile on your face and send you out the door and feeling peaceful. **Bring a mat. No class 11/27. Instructor: Mea Austin**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415120	A	S	10:40-11:20AM	9/18-12/18	SPL-FR	\$52

## RAISE THE BARRE ★★

Ages: 15 and Up. Enrollment Min 5 / Max 14. 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. **Bring a mat. No class 11/23; 11/25. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415030	A	TR	6:25-6:55PM	9/14-12/16	SPL-FR	\$91

## ROLL AND RELEASE ★ NEW

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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. **Bring a mat. No class 11/22; 11/24. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415033	A	MW	7:25-8:10PM	9/13-12/15	SPL-FR	\$91

## STRENGTH TRAINING ★½

Ages: 15 and Up. Enrollment Min 10 / Max 14. 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. **Bring a mat. No class 11/23; 11/25. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415006	A	TR	5:30-6:15PM	9/14-12/16	SPL-FR	\$91

## TRX FLOW ★

Ages: 15 and Up. Enrollment Min 6 / Max 9. 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. **Bring a mat. No class 11/23; 11/25. Instructor: Melanie Johnson**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415107	A	TR	9-9:45AM	9/14-12/16	SPL-LR	\$104
415107	B	TR	10-10:45AM	9/14-12/16	SPL-LR	\$104

## TRX FIT ★½

Ages: 15 and Up. Enrollment Min 6 / Max 9. Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, strengthening your core and promoting weight loss. This TRX experience will lead you down the road to your best all-around fitness. **Bring a mat and water bottle. No class 11/23; 11/25. Instructor: Amy Whittaker**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415112	A	TR	6-6:45PM	9/14-12/16	SPL-LR	\$104

## WEIGHTS EXPRESS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 14. 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. **Bring a mat. No class 11/22; 11/23; 11/24; 11/25. Instructor: Teresa Kelley**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415023	A	MW	5:30-6PM	9/13-12/15	SPL-FR	\$91
415023	C	TR	12:15-12:45PM	9/14-12/16	SPL-LR	\$91
415023	D	TR	1-1:30PM	9/14-12/16	SPL-LR	\$91

## YOGA, BEGINNING ★

Ages: 15 and Up. Enrollment Min 10 / Max 15. This class is designed as an introduction to the practice of Yoga. Class is slower paced and focuses on developing clear and safe alignment in foundational poses. This class also is good for the student who have had Yoga but would like to revisit the basics. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety and stability with each pose. If you have never tried yoga this class is for you. **Bring a mat. No class 11/28. Instructor: M.A. Saunders**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415015	A	SU	3-4PM	9/12-12/12	CB-RM2	\$52

## YOGA ADVENTURE ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Take a deep dive into the yoga experience, exploring a fusion of yoga styles to improve flexibility, stamina, strength and balance. This class is appropriate for individuals who are familiar with basic yoga poses and want to learn more, and who like to work up a sweat during their yoga practice. **Bring a mat. No class 11/28. Instructor: Fran Hopkins**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415123	A	SU	4-5:15PM	9/12-12/12	SPL-FR	\$72

## YOGA FLOW ★

Ages: 15 and Up. Min 10 / Max 15. Suitable for beginning students as well as 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. **Bring a mat. No class 11/23. Instructor: Shelby Miller**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415040	A	T	5:30-6:25PM	9/14-12/14	HPRC-BR	\$52

## YOGA EXPRESS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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. **Bring a mat. No class 11/23; 11/25. Instructor: Tatum Bandy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415022	A	TR	12:10-12:50PM	9/14-12/16	SPL-FR	\$91

## YOGA, SLOW FLOW ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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. No class 11/23. Instructor: Tatum Bandy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415016	A	T	10-11AM	9/14-12/14	SPL-FR	\$52

## YOGA STRETCH ★

Ages: 15 and Up. Enrollment Min 10 / Max 15. 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.

**Bring a mat. No class 11/22. Instructor: M.A. Saunders**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415017	A	M	5:30-6:30PM	9/13-12/13	HPRC-BR	\$52

## YOGA AT THE WINERY WORKSHOP ★½

Ages: 21 and Up. Enrollment Min 10 / Max 20. 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.

**Bring a mat. Instructor: Tatum Bandy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415276	A	F	6:30-8:30PM	9/17	CMW	\$20

## YOGILATES ★½

Ages: 15 and Up. Enrollment Min 10 / Max 25. 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. **Bring a mat. No class 11/23; 11/25; 11/27. Instructor: Fran Hopkins**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415121	A	TR	5:30-6:25PM	9/14-12/16	CB-CRI	\$91
415121	B	S	8:30-9:20AM	9/18-12/18	SPL-FR	\$52

## 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 11/22; 11/23; 11/24; 11/26; 11/27. Instructors: Pat Middaugh (PM) | Susan King (SK) | Amy Ash (AA) | Paula Fay (PF)**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
415000	A	MWF	12:10-12:50PM	9/13-12/17	CB-GYM	\$108
415000	B	M	5:30-6:25PM	9/13-12/13	CB-GYM	\$52
415000	C	T	7-7:55PM	9/14-12/14	SPL-LR	\$52
415000	D	W	5:30-6:25PM	9/15-12/15	CB-GYM	\$52
415000	E	S	8:30-9:20AM	9/18-12/18	SPL-LR	\$52