

## CODE DIRECTORY

### LOCATION

CB ..... Community Building, 1115 W. 11th St.  
 HPRC ..... Holcom Park Recreation Center, 2700 W. 27th St.  
 SPL ..... Sports Pavilion Lawrence®, 100 Rock Chalk Lane  
 SRC ..... Senior Resource Center, 745 Vermont St.  
 ELRC ..... East Lawrence Recreation Center, 1245 E. 15th St.  
 HP ..... Holcom Park, 2601 W 25th St.  
 SRC ..... Senior Resource Center, 745 Vermont St.

### ROOM

FR ..... Fitness Room  
 DS ..... Dance Studio  
 CR ..... Community Room  
 CR2 ..... Community Room 2  
 BR ..... Wayne Bly Room  
 GY ..... Gymnasium

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](mailto: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](mailto: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](http://www.lprd.org) or contact Gayle Sigurdson at 785-832-7909, [gsigurdson@lawrenceks.org](mailto: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 11/22; 11/24; 11/26.**

**Instructor: Teresa Kelley.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427201	A	TK	MWF	8:50-9:50AM	9/13-10/22	HPRC-GY	\$47
427201	B	TK	MWF	8:50-9:50AM	10/25-12/17	HPRC-GY	\$55

### 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 11/22; 11/23; 11/24; 11/25; 11/26.** **Instructors: Deb Geraghty (DG); Melanie Johnson (MJ).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427233	A	MJ	MWF	7:30-8:20AM	9/13-10/22	HPRC-BR	\$47
427233	B	MJ	MWF	8:30-9:20AM	9/13-10/22	HPRC-BR	\$47
427233	C	MJ	MWF	7:30-8:20AM	10/25-12/17	HPRC-BR	\$55
427233	D	MJ	MWF	8:30-9:20AM	10/25-12/17	HPRC-BR	\$55
427234	A	DG	MWF	9:30-10:20AM	9/13-10/22	HPRC-BR	\$47
427234	B	DG	MWF	10:30-11:20AM	9/13-10/22	HPRC-BR	\$47
427234	C	DG	TR	9:00-9:50AM	9/14-10/21	ELRC-GY	\$38
427234	D	DG	MWF	9:30-10:20AM	10/25-12/17	HPRC-BR	\$55
427234	E	DG	MWF	10:30-11:20AM	10/25-12/17	HPRC-BR	\$55
427234	F	DG	TR	9:00-9:50AM	10/26-12/16	ELRC-GY	\$44

### 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. **No class 11/23; 11/25.** **Instructor: Rosie Shelton.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427250	A	RS	TR	9-10AM	9/14-10/21	CB-GY	\$38
427250	C	RS	TR	9-10AM	10/26-12/16	CB-GY	\$44

### FITNESS YOGA

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses, modified as needed. Class includes floor work; students should bring a yoga mat. **No class 11/24.** **Instructor: Fran Hopkins.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427282	A	FH	W	5:30-6:30PM	9/15-10/20	CB-CR	\$23
427282	B	FH	W	5:30-6:30PM	10/27-12/15	CB-CR	\$27

## JOINTS IN MOTION

Designed for people with arthritis or joint problems, this class is open to anyone looking for gentle exercise. The program's multiple components help reduce pain and stiffness and help maintain or improve functional mobility and muscle strength. The variety of exercises are designed for all levels of ability. **No class 11/22-11/26. Instructor: Teresa Kelley.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427290	A	TK	TR	5:30-6:30PM	9/14-10/21	SPL-CR	\$38
427290	B	TK	TR	5:30-6:30PM	10/26-12/16	SPL-CR	\$44

## 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! **No class 11/23, 11/25. Instructor: Susan Pomeroy.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427330	A	SP	TR	10-11AM	9/14-10/21	HPRC-GY	\$38
427330	B	SP	TR	10-11AM	10/26-12/16	HPRC-GY	\$44

## 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 11/22-11/26. Instructor: Pat Middaugh.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427204	A	PM	TR	8:30-9:30AM	9/14-10/21	HPRC-GY	\$38
427204	B	PM	TR	8:30-9:30AM	10/26-12/16	HPRC-GY	\$44

## SLIMNASTICS \*\*

Feel good while getting slim and trim in this exercise class for men and women. Concentrating on muscle toning and strengthening all muscle groups, we will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music, but there are no routines to learn. Bring a mat for floor workout. **No class 11/22-11/26. Instructor: Rosie Shelton.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427310	A	RS	MWF	9-10AM	9/13-10/22	CB-GY	\$47
427310	B	RS	MWF	9-10AM	10/25-12/17	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. **No class 11/22-11/26. Instructor: Chad Harper.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427255	A	CH	MWF	7:30-8:20AM	9/13-10/22	SPL-FR	\$47
427255	B	CH	MWF	8:30-9:20AM	9/13-10/22	SPL-FR	\$47
427255	C	CH	MWF	9:30-10:20AM	9/13-10/22	SPL-FR	\$47
427255	D	CH	MWF	10:30-11:20AM	9/13-10/22	SPL-FR	\$47
427255	E	CH	TR	7:30-8:20AM	9/14-10/21	SPL-FR	\$38
427255	F	CH	TR	8:30-9:20AM	9/14-10/21	SPL-FR	\$38
427255	G	CH	MWF	7:30-8:20AM	10/25-12/17	SPL-FR	\$55
427255	H	CH	MWF	8:30-9:20AM	10/25-12/17	SPL-FR	\$55
427255	I	CH	MWF	9:30-10:20AM	10/25-12/17	SPL-FR	\$55
427255	J	CH	MWF	10:30-11:20AM	10/25-12/17	SPL-FR	\$55
427255	M	CH	TR	7:30-8:20AM	10/26-12/16	SPL-FR	\$44
427255	N	CH	TR	8:30-9:20AM	10/26-12/16	SPL-FR	\$44

## TAI CHI-BEGINNING

Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow motion movements that increase body strength, enhance coordination and improve balance. Tai Chi's relaxed performance calms the body, reduces emotional stress, and promotes clear thinking. Long practiced by people of all ages in China, Tai Chi is recognized in America as a way of carrying health and well-being into later life. This class practices the Yang style Tai Chi short form. Note: sessions are longer than standard fitness schedule. **No class 11/22-11/26. Instructor: Craig Voorhees.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427274	A	CV	MW	10-11AM	9/20-12/15	CB-DS	\$76

## 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 11/22-11/26. Instructor: Susan Pomeroy.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427502	A	SP	TR	11:15AM-12PM	9/14-10/21	HPRC-GY	\$38
427502	C	SP	TR	11:15AM-12PM	10/26-12/16	HPRC-GY	\$44

## TAI CHI FOR ENERGY

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining the complementary energy of both Sun and Chen styles. Chen is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun incorporates agile steps and powerful qigong movements for healing. This class is suitable for those with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to enlarge and deepen their tai chi practice. **No class 11/22-11/26.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427503	A		TR	5:30-6:15PM	9/14-10/21	CB-CR2	\$38
427503	B		TR	5:30-6:15PM	10/26-12/16	CB-CR2	\$44



## 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 11/22-11/26. Instructors: Mary Anne Saunders (MS), Kim McDanel (KM).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427270	A	MS	R	9:15-10:15AM	9/16-10/21	CB-CR	\$23
427270	B	MS	R	10:30-11:30AM	9/16-10/21	CB-CR	\$23
427270	C	KM	TR	9:30-10:30AM	9/14-10/21	HPRC	\$38
427270	D	MS	R	9:15-10:15AM	10/28-12/16	CB-CR	\$27
427270	E	MS	R	10:30-11:30AM	10/28-12/16	CB-CR	\$27
427270	F	KM	TR	9:30-10:30AM	10/26-12/16	HPRC	\$44

## RECREATION INSTRUCTION

### BEGINNING UKULELE

This beginning ukulele course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome! Ukuleles are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha! **Instructor: Linda Tilton.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427410	A	LT	W	6:30-7:30PM	8/18-9/8	SRC	\$34

### INTERMEDIATE UKULELE

Enrollment Min 5 / Max 10. This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. **Instructor: Linda Tilton.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427424	A	LT	W	6:30-7:30PM	9/22-10/13	SRC	\$34

### BEGINNING MINDFULNESS

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	INST	DAY	TIME	DATE	LOC	FEE
427271	A	JN	W	4:30-6PM	9/22-10/27	SRC	\$37

### CONTINUING MINDFULNESS MEDITATION

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 11/24. Instructor: Jeff Nichols.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427297	A	JN	W	4:30-6PM	11/10-12/8	SRC	\$26

### 1939: THE GOLDEN YEAR OF HOLLYWOOD

The year 1939 has been called the greatest year in movie history. We will explore the many films- beyond WIZARD OF OZ and GONE WITH THE WIND- that earned that reputation plus a few that ushered in the transition into the war that defined the greatest generation. Join our guide Kellee Pratt, cinephile, classic film blogger and Ambassador to the Turner Classic Movies (TCM) Festival. Additional materials fees to view films may apply.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427449	A	KP	M	6:30-8:30PM	9/13-10/25		\$24

### FOREST BATHING

The Lifelong Recreation program is pleased to partner with Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide for a six week series of Forest Bathing Walks. The walks are slow and sensory, with specific practices for relaxation, awareness, and wholeness. There are several opportunities to reflect with the group during Listening circles. Each Walk is similar, including a guided meditation and closing tea time. Each Walk is different with theme-based activities. The group will meet at the trailhead. Participants will receive specific directions and instructions following registration.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427473	A	INTRO	R	1-2:30PM	9/2	TBA	\$18
427473	B	EARTH	R	1-2:30PM	9/9	TBA	\$18
427473	C	FIRE	R	1-2:30PM	9/16	TBA	\$18
427473	D	AIR	R	1-2:30PM	9/23	TBA	\$18
427473	E	WATER	R	1-2:30PM	9/30	TBA	\$18
427473	F	ETHER	R	1-2:30PM	10/7	TBA	\$18
427473	G	ONELIFE	R	1-2:30PM	10/14	TBA	\$18
427473	A	SERIES	R	1-2:30PM	9/9-10/14	TBA	\$100

### RESILIENT FALLING

The holidays have their own challenges to balance-ice, snow, and travel to unfamiliar places. Prepare with this class that explores components of balance: strengthening leg and core muscles, mindfulness, and becoming aware of hazards in your environment. What makes this class unique is that we will actually practice falling safely and getting up. Half of the class will be active physical participation and the other half, informational. Participants must be able to get up from the floor with relative ease, in order to practice safe falling. **Instructor: Susan Rieger.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427322	A	SR	F	2:30-4:30PM	11/5-11/12	ELRC	\$27

## 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.

### BOCCE BALL LEAGUE

Open to adults of all ages. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a two game match.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427281	A		T	4-6PM	9/14-10/12	HP	\$25

### FENCING: MODERN OLYMPIC SPORT

Fencing is one of only four sports to be included in every modern Olympic Games, since the first in 1896. This fencing class is for both beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. **Basic equipment provided. Instructor: John Dillard,** fencing instructor for 6 decades.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427105	A	JD	R	7-9PM	9/23-11/18	SPL-LR	\$55

### FENCING: BOUTS AND COMPETITIONS

Improve your fencing while bouting. The emphasis will be on choosing objectives for each bout and strategic and tactical decisions to become a better fencer not just merely win bouts. Each evening will be a mini tournament. Minimum of 7 weeks of fencing experience required. **Basic equipment provided. Instructor: John Dillard,** fencing instructor for 6 decades.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427106	A	JD	R	7-9PM	12/2-12/16	SPL-LR	\$19

### 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.

## TRAVEL

The Lifelong Recreation program offers day trips, overnight and regional travel. Travel with friends, both old and new, while we take care of the details. Trips are announced in the quarterly newsletter and at Travel Shows. If you would like to be on the mailing list, contact Gayle Sigurdson, Lifelong Recreation programmer at (785)832-7909 or [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org).