

**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.

**CODE DIRECTORY**

**FACILITY**

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

**ROOM**

BR.....Wayne Bly Room  
GY.....Gymnasium  
FR.....Fitness Room  
LR.....Legacy Room

**BASIC HULA ★½**

*Ages: 15 and Up. Enrollment Min 6 / Max 12.* This mixed-level class is for brand new students, beginners, and those who want to learn hula at a more relaxed pace. Our students gain a strong foundation in hula basics, including steps, beginning level hula dances, and an introduction to oli (Hawaiian chant). **No class 7/2. Instructor: Victoria Chance.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315115	A	S	10-11:30AM	6/4-7/30	SPL-LR	\$72

**HULA WORKSHOP ★½**

*Ages: 15 and Up. Enrollment Min 6 / Max 12.* You will start from learning the basics of hula, and then move on to learning the basic hand, feet, and hip movements, along with the right expression for telling stories in hula. **Instructor: Victoria Chance.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315131	A	S	10AM-12PM	8/27	SPL-LR	\$15

**ESSENTRICS ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 15.* A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **No class 7/2. Instructor: Kirstin Olson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315027	A	S	8:45-9:45AM	6/11-8/27	HPRC-BR	\$44

**KAP COMBO ★★**

*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. **Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315076	A	T	5:45-6:40PM	6/7-8/23	HPRC-GY	\$48

★ **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.

**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. **No class 7/2. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315011	A	S	10-10:50AM	6/11-8/27	CB-CR2	\$44

**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 infused 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 Yoga mat to class. No class 7/4. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315223	A	MW	12:10-12:50PM	6/6-8/24	SPL-FR	\$80

**PILATES CARDIO (NEW) ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Pilates Sculpt is a combination of a Pilates Mat class with additional weights and more toning and sculpting. This class is for developing lean muscles and strength while working on stretching, toning and alignment. While still working on core strength and stretching, this class incorporates high-intensity, cardio bursts to maximize a calorie-burning effect. **Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315012	A	TR	12:10-12:50PM	6/7-8/25	CB-CR2	\$84

**PILATES FOR EVERYONE (NEW) ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* This dynamic mat class will accommodate everyone. The foundational principles of Pilates will be taught with an inclusion of anatomy and alignment to ensure a safe environment for people to get a great workout. Emphasis will be on working the body in all planes to create core strength and balance in the body. **No class 7/4. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315014	A	MW	5:30-6:25PM	6/6-8/24	SPL-LR	\$80

**POP PILATES ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Pop Pilates combines Pilates inspired moves with the rhythmic qualities of choreographed dance for a total body workout that is fun and effective. Incorporating proper breathing, alignment, and balance you will flow through one move to the next, developing a solid core while leaving no muscle untouched. All levels welcome as there are options and modifications to fit the needs of each individual. **No class 7/2. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315032	A	S	9:30-10:20AM	6/11-8/27	SPL-FR	\$44

**PILATES STRENGTH AND LENGTH (NEW) ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Traditional Pilates Mat class focusing on strengthening the deep core and toning all muscle groups, followed by lengthening the muscles through focused stretching. Developing stability and healthy posture is practiced, as well as breath and release work. Props including bands, light weights, Pilates rings, and stability and Pilates balls are used to further enhance this mind-body class. **Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315033	A	TR	6:30-7:25PM	6/7-8/25	SPL-FR	\$84

**STRENGTH TRAINING ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* 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. **No class 7/4. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315006	A	MW	6:30-7:25PM	6/6-8/24	SPL-LR	\$80
315006	B	TR	5:30-6:25PM	6/7-8/25	SPL-FR	\$84

**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. **No class 7/4. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315101	A	MW	5:45-6:40PM	6/6-8/24	HPRC-GY	\$80

**TRX STRENGTH ★**

*Ages: 15 and Up. Enrollment Min 5 / Max 9.* This combination of TRX Suspension Training focuses on building strength around the body's core. Using elements of yoga and Pilates with TRX based exercises creates a cutting-edge workout that builds both length and strength. TRX plus Core Strength is a 50-minute open level class that offers a serious core challenge while focusing on form and alignment. \*This class is appropriate for all levels. **Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315107	A	TR	9-9:45AM	6/7-8/25	SPL-LR	\$96

**TRX FIT ★½**

*Ages: 15 and Up. Enrollment Min 5 / Max 9.* 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 quintessential TRX experience will lead you down the road to your best all-around fitness. **Instructor: Amy Whittaker.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315112	A	TR	6-6:45PM	6/7-8/25	SPL-LR	\$96

**UNIVERSAL GROOVY DANCE ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* 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 torquing/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 7/2. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315004	A	S	11-11:50AM	6/11-8/27	CB-CR2	\$44

**WEIGHTS EXPRESS ★**

*Ages: 15 and Up. MW - Enrollment Min 10 / Max 15. TR - Enrollment Min 6 / Max 9.* 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 7/4. Instructor: Teresa Kelley.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315023	A	MW	5:30-6PM	6/6-8/24	SPL-FR	\$80
315023	B	TR	12:15-12:45PM	6/7-8/25	SPL-LR	\$84

**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 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 7/3. Instructor: M.A. Saunders**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315015	A	SU	3-4PM	6/5-8/21	HPRC-BR	\$44

**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. **Instructor: Shelby Miller.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315040	A	T	5:30-6:25PM	6/7-8/23	ELRC-GR	\$48

**YOGA ADVENTURE ★★**

*Ages: 15 and Up. 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 or blanket to class. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315123	A	SU	4-5:15PM	7/10-8/28	SPL-FR	\$57

**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. **Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315022	A	TR	12:10-12:50PM	6/7-8/25	SPL-FR	\$84

**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. Instructor: Tatum Bandy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315016	A	T	10-11AM	6/7-8/23	SPL-FR	\$48

**YOGA STRETCH ★**

*Ages: 15 and Up. Enrollment Min 10 / Max 12.* 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 7/4. Instructor: M.A. Saunders.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315017	A	M	5:30-6:30PM	6/13-8/29	HPRC-BR	\$44

**YOGILATES ★½**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* 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 7/2. Instructor: Fran Hopkins (FH) and Shannon Carlson (SC).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315121	A (FH)	TR	5:30-6:25PM	7/5-8/25	CB-CR1	\$56
315121	B (SC)	S	8:30-9:20AM	6/11-8/27	SPL-FR	\$44

**ZUMBA ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A fitness program that combines Latin and international music with dance moves. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 7/2, 7/4. Instructors: Pat Middaugh (PM) | Amy Whittaker (AW) | Amy Ash (AA).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
315000	A (PM)	MWF	12:10-1:50PM	6/6-8/26	HPRC-GY	\$98
315000	B (AW)	M	5:30-6:25PM	6/6-8/22	CB-GY	\$44
315000	C (AW)	W	5:30-6:25PM	6/8-8/24	CB-GY	\$48
315000	D (AA)	S	9-9:50AM	6/11-8/27	SPL-LR	\$44