

LIFELONG RECREATION

Lifelong Recreation programs focus on physical activity, social engagement, education, arts, creativity and healthy lifestyles for all adults with a focus on the schedule and interests of people ages 50 years-old and older. Lifelong classes are priced 10 percent lower than general fitness classes. If you have a suggestion for an activity or program that we do not currently offer, please share your ideas with us!

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln
 HPRC.....Holcom Park Recreation Center, 2700 W 27th St
 SRC.....Senior Resource Center, 745 Vermont St
 ELRC.....East Lawrence Recreation Center, 1245 E 15th St
 CB.....Community Building, 115 W 11th St
 DISC.....Baker Wetlands Discover Center, 1365 N 1250 Rd

ROOM

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

NEWSLETTER

Watch for our quarterly newsletter for highlights and updated information on activities, events, trips and programs. If you would like to be placed on the mailing list, call (785) 832-7909, email gsigurdson@lawrenceks.org or subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

FITNESS

Choosing the right program can help you get the most out of your exercise routine and keep you motivated. For the best experience, take into consideration your current fitness level when registering for a class. Classes have been rated from one to three stars in order to help you make the best choice. Still not sure? Guest passes are available for fitness classes and can be used to attend a single class session.

★ 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 not 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 on-going workshops and in-service 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 activities.

OPEN WALKING

Walking indoors is a chance to exercise in any weather, get your heart pumping and build friendships with other walkers. The public is welcome to walk in the gymnasiums at East Lawrence Recreation Center (7-9 a.m.) and Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. Walkers should plan to accommodate scheduled programming. For more information, contact the individual recreation center.

FITNESS

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	A	MWF	8:50-9:50AM	6/6-7/15	HPRC-GY	\$43
327201	B	MWF	8:50-9:50AM	7/18-8/26	HPRC-GY	\$45

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED ★★½

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 and resistance tubing and bands. Class includes a warm-up period and a post-workout stretch.

Instructors: Deb Geraghty (DG); Melanie Johnson (MJ)

CODE	SEC	LEVEL	DAY	TIME	DATE	LOC	FEE
327233	A	BEG	MWF	7:30-8:20AM	6/6-7/15	HPRC-BR	\$43
327233	B	ADV	MWF	8:30-9:20AM	6/6-7/15	HPRC-BR	\$43
327234	A	ALL	MWF	9:30-10:20AM	6/6-7/15	HPRC-BR	\$43
327234	B	ALL	MWF	10:30-11:20AM	6/6-7/15	HPRC-BR	\$43
327234	C	ALL	TR	8:30-9:20AM	6/7-7/14	ELC-GY	\$38
327234	D	ALL	TR	9:30-10:20AM	6/7-7/14	ELC-GY	\$38
327233	C	BEG	MWF	7:30-8:20AM	7/18-8/26	HPRC-BR	\$45
327233	D	ADV	MWF	8:30-9:20AM	7/18-8/26	HPRC-BR	\$45
327234	E	ALL	MWF	9:30-10:20AM	7/18-8/26	HPRC-BR	\$45
327234	F	ALL	MWF	10:30-11:20AM	7/18-8/26	HPRC-BR	\$45
327234	G	ALL	TR	8:30-9:20AM	7/19-8/25	ELC-GY	\$38
327234	H	ALL	TR	9:30-10:20AM	7/19-8/25	ELC-GY	\$38

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 for advanced students. **Instructor: Rosie Shelton**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327250	A	TR	9-10AM	6/7-7/14	CB	\$38
327250	B	TR	9-10AM	7/19-8/25	CB	\$38

FITNESS YOGA ★★

Promote general health and wellbeing 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. **Students should bring a yoga mat.** **Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327282	A	W	5:30-6:30PM	6/8-7/13	CB	\$22
327282	B	W	5:30-6:30PM	7/20-8/24	CB	\$22

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	DAY	TIME	DATE	LOC	FEE
327290	A	TR	5:30-6:30PM	6/7-7/14	SPL-CR	\$38
327290	B	TR	5:30-6:30PM	7/19-8/25	SPL-CR	\$38

LABLAST ★★

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	DAY	TIME	DATE	LOC	FEE
327302	A	TR	10-11AM	6/7-7/14	HPRC-GY	\$38
327302	B	TR	10-11AM	7/19-8/25	HPRC-GY	\$38



PILATES AND POSES ★★

This class combines the core strengthening of Pilates with the flexibility and relaxation of yoga flow. This complete workout addresses coordination, balance and range of motion. Please bring a mat to class. **Instructor: Chelsea Fowler**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327335	A	T	5:30-6:30PM	6/7-7/12	SRC	\$22
327335	B	T	5:30-6:30PM	7/19-8/23	SRC	\$22

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. **Instructor: Pat Middaugh**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327204	A	TR	9-9:50AM	6/7-7/14	HPRC-GY	\$38
327204	B	TR	9-9:50AM	7/19-8/25	HPRC-GY	\$38

RESTORATIVE YOGA ★

Restorative yoga offers students a delicious way to relax, and ease anxiety. Restorative yoga also encourages physical, mental and emotional relaxation by gently releasing tension and tight muscles through stillness and breath. All yoga poses are held for longer periods of time using bolsters, blankets, and blocks to prop students into passive poses. Many poses are on the floor, please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and meditation.

Instructor: Kim McDanel

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327333	A	R	6-7PM	6/9-7/14	CB	\$22
327333	B	R	6-7PM	7/21-8/25	CB	\$22

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	A	MWF	9-10AM	6/6-7/15	CB	\$43
327310	B	MWF	9-10AM	7/18-8/26	CB	\$45

SUPER SENIOR CIRCUIT ★★

Ages: 50 and Up. This 50-minute full-body group workout 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 machines, 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 common-sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **Instructors: Chad Harper and Carlo Washington**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327255	A	MWF	7:30-8:20AM	6/6-7/15	SPL-FR	\$43
327255	B	MWF	8:30-9:20AM	6/6-7/15	SPL-FR	\$43
327255	C	MWF	9:30-10:20AM	6/6-7/15	SPL-FR	\$43
327255	D	MWF	10:30-11:20AM	6/6-7/15	SPL-FR	\$43
327255	E	TR	7:30-8:20AM	6/7-7/14	SPL-FR	\$38
327255	F	TR	8:30-9:20AM	6/7-7/14	SPL-FR	\$38
327255	G	MWF	8-8:50AM	6/6-7/15	SPL-LR	\$43
327255	H	MWF	9-9:50AM	6/6-7/15	SPL-LR	\$43
327255	I	MWF	7:30-8:20AM	7/18-8/26	SPL-FR	\$45
327255	J	MWF	8:30-9:20AM	7/18-8/26	SPL-FR	\$45
327255	K	MWF	9:30-10:20AM	7/18-8/26	SPL-FR	\$45
327255	L	MWF	10:30-11:20AM	7/18-8/26	SPL-FR	\$45
327255	M	TR	7:30-8:20AM	7/19-8/25	SPL-FR	\$38
327255	N	TR	8:30-9:20AM	7/19-8/25	SPL-FR	\$38
327255	O	MWF	8-8:50AM	7/18-8/26	SPL-LR	\$45
327255	P	MWF	9-9:50AM	7/18-8/26	SPL-LR	\$45

TAI CHI FOR ENERGY ★

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining both Sun and Chen styles. Chen is complex, with fast and slow movements; Sun incorporates agile steps and qigong movements for healing. This class is suitable for persons with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to deepen their tai chi practice. **Instructor: Susan Pomeroy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
327503	A	TR	5:30-6:15PM	6/7-7/14	CB	\$38
327503	B	TR	5:30-6:15PM	7/19-8/25	CB	\$38

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	A	TR	11:15AM-12PM	6/7-7/14	HPRC-GY	\$38
327502	B	TR	11:15AM-12PM	7/19-8/25	HPRC-GY	\$38

LIFELONG YOGA ★

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While 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:**

Mary Ann Saunders and Kim McDanel

CODE SEC	DAY	TIME	DATE	LOC	FEE
327270 A	R	9:30-10:20AM	6/9-7/14	CB-CR	\$22
327270 B	R	10:30-11:20AM	6/9-7/14	CB-CR	\$22
327270 C	TR	9:30-10:30AM	6/7-7/14	HPRC-BR	\$38
327270 D	R	9:30-10:20AM	7/21-8/25	CB-CR	\$22
327270 E	R	10:30-11:20AM	7/21-8/25	CB-CR	\$22
327270 F	TR	9:30-10:30AM	7/19-8/25	HPRC-BR	\$38



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 and tuners 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	DAY	TIME	DATE	LOC	FEE
327410 A	W	6:30-7:30PM	6/15-7/6	SRC	\$37

INTERMEDIATE UKULELE

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 the teacher. **Instructor: Linda Tilton**

CODE SEC	DAY	TIME	DATE	LOC	FEE
327424 A	W	6:30-7:30PM	7/20-8/10	SRC	\$37

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 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**

CODE SEC	DAY	TIME	DATE	LOC	FEE
327105 A	R	7-9PM	6/9-8/4	SPL-LR	\$72

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. Adults 18 or older. **Instructor: John Dillard**

CODE SEC	DAY	TIME	DATE	LOC	FEE
327106 A	R	7-9PM	8/11-8/25	SPL-LR	\$24

INTRODUCTION TO SKYGAZING

Prepare for the Perseid Meteor Shower and other joys of looking up! Join us as we explore the sky and learn general astronomy of the night sky. This evening class will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fee includes planisphere, astronomy flashlight, solar viewing glasses and education materials.

CODE SEC	DAY	TIME	DATE	LOC	FEE
327450 A	W	8-10PM	8/10-8/24	DISC	\$22