FITNESS

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only because of space requirements but also the distraction of children to the instructor and class participants. For senior classes, please check out classes for yoga, cycling, pilates, Tai Chi and Zumba on the Life-Long Recreation page. For more information, please contact the Community Building at (785) 832-7920.

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 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

AEROBICS - HIGH-INTENSITY/LOW-IMPACT

Ages: 15 and Up. Enrollment Min 10 / Max 75. This less-jarring method of burning fat enhances cardiovascular fitness while lessening the impact and stress on the lower legs. Benefits include: fewer injuries, burning of fat as effectively as high-impact aerobics, decreased body fat, increased lung capacity, strengthening the heart and reducing the resting heart rate. Instructor: Vicki Lysen.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115152 A	HIGH/LOW	MW	5:30-6:25PM	1/6-3/5	HPRC-GY	\$46
215152 A	HIGH/LOW	MW	5:30-6:25PM	3/24-5/14	HPRC-GY	\$41

BODY BLAST

Ages: 15 and Up. Enrollment Min 10 / Max 25. Take the best exercises from the weight room and set to music. Learn proper form and technique using weights and stability balls to tighten and tone your core (abs and back), upper and lower body. Half of the class will focus on your mid-section and the other half on upper and lower body. This class can be modified for all fitness levels. Join us to shrink those abs! Bring a mat for floor workout. Instructor: Christie Ogunnowo.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115100 A	BODYBLAS	R	5:30-6:25PM	1/9-3/6	CB-CR2	\$30
115100 B	BODYBLAS	S	10-10:50AM	1/11-3/8	CB-CR2	\$30
215100 A	BODYBLAS	R	5:30-6:25PM	3/27-5/15	CB-CR2	\$26
215100 B	BODYBLAS	S	10-10:50AM	3/29-5/17	CB-CR2	\$26





BODY BURN

Ages: 15 and Up. Enrollment Min 10 / Max 25. Burn away those extra calories during an hour of invigorating total body exercise. When you combine strength training with cardio and core training, your body will be lit on fire and will scorch away those unwanted pounds. Exercises can be modified for any fitness level. Bring a mat for floor work; weights provided (but you may bring your own). Some activities may be performed outdoors, weather permitting. Instructor: Nicole Heck.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115120 A	BODYBURN	MW	5:45-6:40PM	1/6-3/5	CB-CR2	\$46
215120 A	BODYBURN	MW	5:45-6:40PM	3/24-5/14	CB-CR2	\$41

BREAST CANCER FITNESS CLASS

Ages: 18 and Up. Enrollment Min 8 / Max 12. A specially designed program of gentle exercise for breast cancer survivors of all ages and at any stage of treatment and survivorships. This program will promote a safe return to physical activity and wellness through education, appropriate healthy exercise and emotional support. Tailored to each participant, the program and exercises are intended to meet the individuals needs and allow them to progress at a rate that is right for them. Instructor: Susan Pomeroy, Certified Cancer Exercise Specialist

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115025	Α	BRECAN	T	10:45-11:45AM	1/7-3/4	HPRC-BR	\$32
115025	В	BRECAN	T	6:30-7:30PM	1/7-3/4	LIAC-TWR	\$32
215025	Α	BRECAN	T	10:45-11:45AM	3/25-5/13	HPRC-BR	\$29
215025	В	BRECAN	T	6:30-7:30PM	3/25-5/13	LIAC-TWR	\$29

BUTTS AND GUTS

Ages: 15 and Up. Enrollment Min 10 / Max 20. This 30 minute class is designed to target the abs, core and everything below! With a unique blend of exercises ranging from squats to lunges, as well as to abdominal and core strengthening methods, you're sure to deliver results! Instructor: Jennifer Osborn.

CODE SEC CLASS		DAY TIME I	DATE	LOC	FEE	
115006 A	BUTSGUTS	MW	3:45-4:15PM	1/6-3/5	PPES	\$32
215006 A	BUTSGUTS	MW	3:45-4:15PM	3/24-5/14	PPES	\$28

CARDIO X-TRAINER

Ages: 15 and Up. Enrollment Min 10 / Max 40. Are you up for the challenge of a total body workout? Join us for an intense, head-to-toe muscle training and strengthening fitness course that energizes and gets your heart pumping. Exercises can be modified to fit anyone's fitness level. We are constantly changing what we do, so this class provides something of interest for everyone. Some activities may be performed outdoors, weather permitting. Bring your own mat for floor work. Instructor: Nicole Heck.

CODE SE	C CLASS	DAY	TIME	DATE	LOC	FEE
115122 A	CARDIO	TR	5:45-6:40PM	1/7-3/6	HPRC-GY	\$46
215122 A	CARDIO	TR	5:45-6:40PM	3/25-5/15	HPRC-GY	\$41



CIRCUIT TRAINING BOOT-CAMP

Ages: 15 and Up. Enrollment Min 10 / Max 15. An exciting challenging workout but non-military style! This class incorporates intervals of aerobic and anaerobic sections with sports drills including the jump rope, plyometrics, speed training, agility drills, cone drills and much more to achieve the ultimate fat burning of up to 1000 calories in an hour! You'll use your whole body to burn fat, strengthen your core, and increase your endurance and flexibility. Whether your goals are weight loss, strength, endurance or core toning; you'll be challenged and motivated to go further than your limits! This class can be modified for all fitness levels. Instructor: Christie Ogunnowo.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115101 A	CIRTRAIN	MW	5:35-6:30PM	1/6-3/5	DCSS	\$46
215101 A	CIRTRAIN	MW	5:35-6:30PM	3/24-5/14	DCSS	\$41

CYCLING - CARDIO CYCLE

Ages: 15 and Up. Enrollment Min 6 / Max 14. A fun, athletic, cardiovascular cycling class — the ultimate calorie killer. Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. A freestyle indoor cycling workout, the focus of this class is a total mind and body journey. It's a great way to lose yourself while training at your own level. **Choose your own intensity**. Instructor: Melanie Johnson.

CODE SE	C CLASS	DAY	TIME	DATE	LOC	FEE
115354 A	CYCLCARD	MW	5:40-6:25PM	1/6-3/5	CB-CR3	\$68
215354 A	CYCLCARD	MW	5:40-6:25PM	3/24-5/14	CB-CR3	\$60

CYCLING - INTERVAL CYCLING

Ages: 15 and Up. Enrollment Min 6 / Max 14. Great for those looking for a complete workout! This high-intensity cycling class will combine hill climbs, speed work, jumps and sprints to give you the best workout possible. Instructor: Ryann Pem.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115355	Α	INTCYC	T	7-7:45PM	1/7-3/4	CB-CR3	\$34
115355	В	INTCYC	R	5:40-6:25PM	1/9-3/6	CB-CR3	\$34
215355	Α	INTCYC	T	7-7:45PM	3/25-5/13	CB-CR3	\$30
215355	В	INTCYC	R	5:40-6:25PM	3/27-5/15	CB-CR3	\$30

CYCLING - POWER RIDE

Ages: 15 and Up. Enrollment Min 6 / Max 14. For intermediate and advanced participants, Power Ride offers an excellent cardiovascular workout as it targets and challenges your entire lower body. Including an endurance ride that metabolizes fat efficiently, race day rides with challenging mountain climbs, and a strength ride that promotes muscular and cardiovascular development, this highly aerobic class can cover 15-20 miles in the 45-minute class time. It is a fantastic cardiovascular workout – so be ready to sweat it out and burn up to 700 calories. Instructor: Tracy Williams.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115352	Α	POWRID	TR	4:30-5:15PM	1/7-3/6	CB-CR3	\$68
215352	Α	POWRID	TR	4:30-5:15PM	3/25-5/15	CB-CR3	\$60

CYCLING - SPIN-IT

Ages: 15 and Up. Enrollment Min 6 / Max 14. This introductory class teaches basic spin moves, bike set-up, pace, proper cadence and tension. During each 45-minute session, you'll get a warm up and cool down, core body strengthening rides, and lots of stretching for an effective workout. Instructors: Jamie Frank (JF), Melanie Johnson (MJ).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115350	Α	CYCLE(JF)	T	5:45-6:30PM	1/7-3/4	CB-CR3	\$34
115350	В	CYCLE(MJ)	W	4:45-5:30PM	1/8-3/5	CB-CR3	\$34
115350	С	CYCLE	F	8-8:45AM	1/10-3/7	CB-CR3	\$34
215350	Α	CYCLE(JF)	T	5:45-6:30PM	3/25-5/13	CB-CR3	\$30
215350	В	CYCLE(MJ)	W	4:45-5:30PM	3/26-5/14	CB-CR3	\$30
215350	C	CYCLE	F	8-8:45AM	3/28-5/16	CB-CR3	\$30

CYCLING - VIRTUAL POWER RIDE

Ages: 15 and Up. Enrollment Min 6 / Max 14. This journey will take riders on a first-person journey, allowing them to become absorbed in the experience of a virtual ride. Whether your training to improve your endurance, strength or power this is the class for you. Instructor: Christie Ogunnowo.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115356	Α	VIRTPOW	S	9-9:45AM	1/11-3/8	CB-CR3	\$34
215356	Α	VIRTPOW	S	9-9:45AM	3/29-5/17	CB-CR3	\$30



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DANCE FITNESS

Ages: 15 and Up. Enrollment Min 10 / Max 30. Get your groove on with this fast-paced dance exercise class that stresses whole-body fitness. Consisting of a 30-minute cardiovascular routine and a 30-minute toning and stretching routine that may be performed either at high or low impact. Follow-the-leader routines are simple for beginners to learn, yet challenging enough for advanced students. Dance Fitness guarantees a real workout! Rubberbands used for some toning exercises will be provided. Instructor: Rosie Shelton.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115250 A	DANCFIT	TR	9-10AM	1/7-3/6	CB-GY	\$46
115250 B	DANCFIT	TR	5:30-6:30PM	1/7-3/6	DCSS	\$46
215250 A	DANCFIT	TR	9-10AM	3/25-5/15	CB-GY	\$41
215250 B	DANCFIT	TR	5:30-6:30PM	3/25-5/15	DCSS	\$41

GLADIATOR TRAINING

Ages: 15 and Up. Enrollment Min 8 / Max 12. This class is intentionally programmed to increase your muscular strength and condition your cardiovascular endurance. Each participant will receive a training schedule and tracking sheet to record individual results and progress. The third component of this class is to develop mobility and range of motion throughout the entire body, attention and focus will be spent on specific areas of tightness, soreness, or just areas of concern. Price reflects the personal attention of the setting, and use of the facility and equipment. Instructor: Crystal Shepherd.

CODE SEC CLASS		DAY TIME	DATE	LOC	FEE	
115335 A	GLADITOR	TR	6:30-7:25PM	1/7-3/6	CF	\$70
215335 A	GLADITOR	TR	6:30-7:25PM	3/25-5/15	CF	\$63

KICKBOXING TURBO

Ages: 15 and Up. Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and fun hip-hops. KBT is hot and produces astounding results! You will be kicking, punching, zig-zagging and toning your core as you are grooving away hundreds of calories in an action-packed, super fun moves! This class accommodates all fitness levels! Low and high impact will be demonstrated so you can work at your own pace! Join us to burn fat, have fun and kick your body into shape! Instructor: Christie Ogunnowo.

CODE SEC	CCLASS	DAY	TIME	DATE	LOC	FEE
115076 A	KICKBOX	T	5:35-6:25PM	1/7-3/4	SMC	\$34
215076 A	KICKBOX	T	5:35-6:25PM	3/25-5/13	SMC	\$30

MAX ABS

Ages: 15 and Up. Min 10 / Max 25. Max-Abs will target your core - which is the mid-section of your body that supports the upper and lower body. Everyone needs a strong, healthy core to perform day to day tasks. To get ripped this class will improve the looks and strength of your core, we will zero in on the AB muscles, targeting the entire core. Max Abs will deliver faster, fitter and stronger core. Please bring mat to class. **Instructor: Christie Ogunnowo**

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115124 A	MAXABS	T	6:30-7PM	1/7-3/4	SMC	\$23
215124 A	MAXABS	T	6:30-7PM	3/25-5/13	SMC	\$20

PILATES

Ages: 15 and Up. Enrollment Min 10 / Max 20. Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. We focus on core muscles (hips, thighs and abdominals) that strengthen and tone through stretching as the body moves. Main principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. Instructor: Crystal Shepherd.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115223	Α	PILATES	MW	5:30-6:25PM	1/6-3/5	HPRC-BR	\$46
115223	В	PILATES	MW	6:30-7:25PM	1/6-3/5	HPRC-BR	\$46
115223	С	PILATES	S	11-11:50AM	1/11-3/8	CB-CR1	\$30
215223	Α	PILATES	MW	5:30-6:25PM	3/24-5/14	HPRC-BR	\$41
215223	В	PILATES	MW	6:30-7:25PM	3/24-5/14	HPRC-BR	\$41
215223	C	PILATES	S	11-11:50AM	3/29-5/17	CB-CR1	\$26

POWER HOUR KNEW

Ages: 18 and Up. Enrollment Min 8 / Max 10. This class is programmed to condition your cardiovascular endurance and increase your muscular strength. Participants will develop mobility and range motion throughout the entire body, attention and focus will be spent on specific areas. Price reflects the personal attention of the setting, and the use of the facility and equipment. Childcare on site is available for an additional fee. Instructor: Crystal Shepherd.

CODE SE	C CLASS	DAY	TIME	DATE	LOC	FEE
115005 A	STRTRAIN	MW	12-1PM	1/5-3/2	CF	\$70
215005 A	STRTRAIN	MW	12-1PM	3/23-5/11	CF	\$63







INTON LAKE DAM RUN SATURDAY, APRIL 5 CLINTON LAKE, SOUTH OUTLET ROAD REGISTRATION DEADLINE FRIDAY, APRIL 4



REPAIR AND RECOVER TIME

Ages: 15 and Up. Min 8 / Max 15. After a long week of being physically active, working in the office, or dealing with the pains that come along with just the daily use of our bodies, it's time to schedule in that weekly message you have always wanted. In this 90 minute class you will become skilled at how to identify areas of tightness, then using active release techniques, softening the tissue to alleviate deep tension in specified areas. After a short warm-up, you will be lead through specific exercises designed to recognize areas of concentration. Following the directed portion of the class, you will have on average 30 minutes of 'free play' to use the equipment and work through the techniques alone or with a partner. Price reflects the use of the facility and equipment. Instructor: Crystal Shepherd.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115331 A	REPREC	SU	1-2:30PM	1/5-3/2	CF	\$65
215331 A	REPREC	SU	1-2:30PM	3/23-5/11	CF	\$58

SLIMNASTICS

Ages: 15 and Up. Enrollment Min 10 / Max 50. 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 work. Instructor: Rosie Shelton.

CODE SE	C CLASS	DAY	TIME	DATE	LOC	FEE
115310 A	SLIMNAST	MWF	9-10AM	1/6-3/7	CB-GY	\$62
215310 A	SLIMNAST	MWF	9-10AM	3/24-5/16	CB-GY	\$55

TONE ZONE

Ages: 15 and Up. Enrollment Min 10 / Max 25. Try this eclectic approach to exercise that combines yoga, pilates, various stretching and aerobics for overall toning. Experience a sense of well-being while improving balance, strength, flexibility and coordination. Begin the journey of life-long fitness! Bring a mat for floor workout. Instructor: Melanie Johnson.

	EC CLASS	DAY	TIME	DATE	LOC	FEE
115060 A	TONEZONE	TR	12:10-12:50PM	1/7-3/6	CB-CR2	\$46
215060 A	TONEZONE	TR	12:10-12:50PM	3/25-5/15	CB-CR2	\$41

YOGA

Ages: 15 and Up. Enrollment Min 10 / Max 25. Get comfortable and stretch out your stiff muscles as you learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will oxygenate your body and brain, improving blood circulation and your sense of well-being. Bring a blanket or exercise mat. See the Life-Long Recreation section, for additional sections designed for those 60+. No class 4/20. Instructors: Micki Self-Loveland (MS), Melissa Mitchell (MM), Kim Deroulette (KD), Lucas Miller (LM).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115271	Α	YOGA(MM)	TR	6-6:55AM	1/7-3/6	LIAC-TWR	\$46
115271	В	YOGA(KD)	W	7-8:15PM	1/8-3/5	CR-HR	\$39
115271	C	YOGA(MS)	R	6-7:15PM	1/9-3/6	CR-HR	\$39
115271	D	YOGA(LM)	SU	3-4:15PM	1/5-3/2	CB-RM1	\$39
215271	Α	YOGA(MM)	TR	6-6:55AM	3/25-5/15	LIAC-TWR	\$41
215271	В	YOGA(KD)	W	7-8:15PM	3/26-5/14	CR-HR	\$34
215271	C	YOGA(MS)	R	6-7:15PM	3/27-5/15	CR-HR	\$34
215271	D	YOGA(LM)	SU	3-4:15PM	3/23-5/18	CB-RM1	\$34





YOGA, POWER

Ages: 15 and Up. Enrollment Min 10 / Max 15. In this class you'll learn to move from the core, or center of your body, in an integrated flow, reawakening and strengthening the spine. Body postures are linked together by vinyasas (breath-synchronized movements) which create a deep, purifying heat, nourishing internal organs and eliminating toxins. Please bring a mat to class. Instructor: Kim Deroulette.

CODE SEC CLASS		DAY	TIME	DATE	LOC	FEE
115273 A	PWYOGA	MW	5:30-6:25PM	1/6-3/5	CR-EG	\$46
215273 A	PWYOGA	MW	5:30-6:25PM	3/24-5/14	CR-EG	\$41

YOGA, PRENATAL

Ages: 15 and Up. Enrollment Min 6 / Max 10. This class is specifically designed for the pre-natal mom! A beautiful class for mom and baby to be, create a loving space and connection with your child, and pre-pare your body for the birth of your child. Please bring a mat to class. Instructor: Amie Carter.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115272	Α	PREYOGA	T	5:30-6:45PM	1/7-3/4	ELRC-MR	\$48
215272	Α	PREYOGA	T	5:30-6:45PM	3/25-5/13	ELRC-MR	\$42

YOGA, RESTORATIVE

Ages: 15 and Up. Enrollment Min 10 / Max 15. Restorative Yoga is a class appropriate for all ages and levels of yoga. It is often described as 'active relaxation'; by using props to support the body it is able to fully release into poses maximizing benefits. Whether you are just looking to slow down in a hectic lifestyle, have physical issues that prevent a more active yoga practice, or are dealing with stress, anxiety, and/or other emotional disease this class seeks to bring balance into your body, mind, and world. The class also includes a gentle yoga warm-up and guided meditations. Instructor: Lucas Miller.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115274	Α	RESTYOGA	M	7:15-8:40PM	1/6-3/3	ELRC-MR	\$50
215274	Α	RESTYOGA	M	7:15-8:40PM	3/24-5/12	ELRC-MR	\$44

YOGILATES

Ages: 15 and Up. Enrollment Min 10 / Max 25. Try Yogilates for the best of both worlds — the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion for a complete workout. Instructor:

Trail Hopkins.								
CODE SEC CLASS	DAY	TIME	DATE	LOC	FEE			
115121 A YGTS	TR	5:30-6:25PM	1/7-3/6	CB-CR1	\$46			
115121 B YGTS	S	9-9:50AM	1/11-3/8	CB-CR2	\$30			
215121 A YGTS	TR	5:30-6:25PM	3/25-5/15	CB-CR1	\$41			
215121 B YGTS	S	9-9:50AM	3/29-5/17	CB-CR2	\$26			

ZUMBA

Ages: 15 and Up. Enrollment Min 10 / Max 25. Join the craze with Zumba, a 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. This fun, unique, easy and effective workout is for everyone! No previous dance experience necessary. Instructors: Susan King (SK), Christie Ogunnowo (CO), April Hart (AH), Pat Middaugh (PM).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115000	Α	ZMBA(PM)	MWF	12:10-12:50PM	1/6-3/7	CB-GYM	\$62
115000	В	ZMBA(SK)	M	5:30-6:25PM	1/6-3/3	CB-CR1	\$30
115000	C	ZMBA(AH)	TR	6:30-7:25PM	1/7-3/6	CB-CR1	\$46
115000	D	ZMBA(SK)	W	5:30-6:25PM	1/8-3/5	CB-CR1	\$30
115000	E	ZMBA(SK)	SA	9-9:50AM	1/11-3/8	CB-CR1	\$30
115000	F	ZMBA(CO)	SA	11-11:50AM	1/11-3/8	CB-CR2	\$30
215000	Α	ZMBA(PM)	MWF	12:10-12:50PM	3/24-5/16	CB-GYM	\$55
215000	В	ZMBA(SK)	M	5:30-6:25PM	3/24-5/12	CB-CR1	\$26
215000	C	ZMBA(AH)	TR	6:30-7:25PM	3/25-5/15	CB-CR1	\$41
215000	D	ZMBA(SK)	W	5:30-6:25PM	3/26-5/14	CB-CR1	\$26
215000	E	ZMBA(SK)	SA	9-9:50AM	3/29-5/17	CB-CR1	\$26
215000	F	ZMBA(CO)	SA	11-11:50AM	3/29-5/17	CB-CR2	\$26

GYMNASTICS

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increase self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls, and a wide-ranging gymnastics program at several age levels. All classes are held at the East Lawrence Recreation Center, 1245 E. 15th St. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. *Program Director: Jo Ellis, (785) 832-7920; Gymnastic Director: Lori Tochtrop, (785) 331-6622.*

PARENT/TOT TUMBLING

Ages: 2-3. Enrollment Min 4 / Max 10. This parent-participation class lets your child learn basic flexibility, strength and body movement. This program involves tumbling, motor skills, climbing, jumping, and balance. One parent per child required.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116103 A	PRNT/TOT	W	9:30-10:15AM	1/15-3/5	ELRC-MPR	\$46
116103 B	PRNT/TOT	F	6:30-7:15PM	1/17-3/7	ELRC-MPR	\$46
116103 C	PRNT/TOT	S	11AM-11:45AM	1/18-3/8	ELCR-MPR	\$46
216103 A	PRNT/TOT	W	9:30-10:15AM	3/26-5/7	ELRC-MPR	\$40
216103 B	PRNT/TOT	F	6:30-7:15PM	3/28-5/9	ELRC-MPR	\$40
216103 C	PRNT/TOT	S	11-11:45AM	3/29-5/10	ELCR-MPR	\$40





TUMBLING

Ages: 3-5. Enrollment Min 4 / Max 12 (MWF daytime classes: Max 6). Participants will learn a variety of skills from tumbling, body flexibility, movement and warm-up routines in an energetic atmosphere.

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CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116104 A	TUM(3YR)	M	9:30-10:15AM	1/13-3/3	ELCR-MPR	\$46
116104 B	TUM(3YR)	T	5:30-6:15PM	1/14-3/4	ELRC-MPR	\$46
116104 C	TUM(3YR)	W	10:30-11:15AM	1/15-3/5	ELRC-MPR	\$46
116104 D	TUM(3YR)	W	6:30-7:15PM	1/15-3/5	ELRC-MPR	\$46
116104 E	TUM(3YR)	R	4:30-5:15PM	1/16-3/6	ELRC-MPR	\$46
116104 F	TUM(3YR)	F	10:30-11:15AM	1/17-3/7	ELRC-MPR	\$46
116104 G	TUM(3YR)	S	10-10:45AM	1/18-3/8	ELRC-MPR	\$46
216104 A	TUM(3YR)	M	9:30-10:15AM	3/24-5/5	ELCR-MPR	\$40
216104 B	TUM(3YR)	T	5:30-6:15PM	3/25-5/6	ELRC-MPR	\$40
216104 C	TUM(3YR)	W	10:30-11:15AM	3/26-5/7	ELRC-MPR	\$40
216104 D	TUM(3YR)	W	6:30-7:15PM	3/26-5/7	ELRC-MPR	\$40
216104 E	TUM(3YR)	R	4:30-5:15PM	3/27-5/8	ELRC-MPR	\$40
216104 F	TUM(3YR)	F	10:30-11:15AM	3/28-5/9	ELRC-MPR	\$40
216104 G	TUM(3YR)	S	10-10:45AM	3/29-5/10	ELRC-MPR	\$40
116105 A	TUM(4-5)	M	10:30-11:25AM	1/13-3/3	ELRC-MPR	\$46
116105 B	TUM(4-5)	M	5:30-6:25PM	1/13-3/3	ELRC-MPR	\$46
116105 C	TUM(4-5)	T	4:30-5:25PM	1/14-3/4	ELRC-MPR	\$46
116105 D	TUM(4-5)	W	5:30-6:25PM	1/15-3/5	ELRC-MPR	\$46
116105 E	TUM(4-5)	R	6:30-7:25PM	1/16-3/6	ELRC-MPR	\$46
116105 F	TUM(4-5)	F	9:30-10:25AM	1/17-3/7	ELRC-MPR	\$46
116105 G	TUM(4-5)	F	4:30-5:25PM	1/17-3/7	ELRC-MPR	\$46
116105 H	TUM(4-5)	S	9-9:55AM	1/18-3/8	ELRC-MPR	\$46
216105 A	TUM(4-5)	M	10:30-11:25AM	3/24-5/5	ELRC-MPR	\$40
216105 B	TUM(4-5)	M	5:30-6:25PM	3/24-5/5	ELRC-MPR	\$40
216105 C	TUM(4-5)	T	4:30-5:25PM	3/25-5/6	ELRC-MPR	\$40
216105 D	TUM(4-5)	W	5:30-6:25PM	3/26-5/7	ELRC-MPR	\$40
216105 E	TUM(4-5)	R	6:30-7:25PM	3/27-5/8	ELRC-MPR	\$40
216105 F	TUM(4-5)	F	9:30-10:25AM	3/28-5/9	ELRC-MPR	\$40
216105 G	TUM(4-5)	F	4:30-5:25PM	3/28-5/9	ELRC-MPR	\$40
216105 H	TUM(4-5)	S	9-9:55AM	3/29-5/10	ELRC-MPR	\$40

HOT SHOTS

This class provides a more advanced curriculum than in our preschool program. *Permission from the program director is required prior to enrollment*. Call (785) 832-7920 for dates and times or for more information.