

## 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

## FITNESS CLASSES

### BASIC HULA (NEW) ★½

*Ages: 15 and Up. Enrollment Min 6 / Max 12.* This mixed-level beginner 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). **Instructor: Victoria Chance.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215115	A	S	10-11AM	3/26-4/16	SPL-LR	\$30
215115	B	S	10-11AM	4/23-5/14	SPL-LR	\$30

### ESSENTRICS, STRENGTHEN THROUGH STRETCH ★½

*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. Instructor: Kirstin Olson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215027	A	S	8:45-9:45AM	3/26-5/21	HPRC-BR	\$36

### 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. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215101	A	MW	5:45-6:40PM	3/21-5/18	HPRC-GY	\$63

### KAP COMBO ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combos packed in one class. KAP incorporates kickboxing techniques with an intense cardio workout alternating with strength training to challenge all your muscle groups with weights and resistance bands, finishing with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215076	A	T	5:45-6:40PM	3/22-5/17	HPRC-GY	\$36

★ **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.

### 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 total body workout 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. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215223	A	MW	12:10-12:50PM	3/21-5/18	SPL-FR	\$63

### POP PILATES ★½

*Ages: 15 and Up. Enrollment Min 8 / Max 15.* 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. **Bring a mat. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215052	A	S	9:30-10:20AM	3/26-5/21	SPL-LR	\$36

### 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. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215011	B	S	10-10:50AM	3/26-5/21	HPRC-BR	\$36

### POWER TONE EXPRESS ★½

*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. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215034	A	MW	12:10-12:50PM	3/21-5/18	SPL-LR	\$63

### RAISE THE BARRE ★★

*Ages: 15 and Up. Enrollment Min 5 / Max 14.* Get your burn, sweat and stretch in 30 minutes, twice a week! 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. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215030	A	TR	6:20-6:50PM	3/22-5/19	SPL-FR	\$63

### 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. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215006	A	TR	5:30-6:15PM	3/22-5/19	SPL-FR	\$63

### TRX EXPRESS ★½

*Ages: 15 and Up. Enrollment Min 6 / Max 9.* Improve your performance and take your training to the next level. You will develop strength, balance, flexibility and core stability simultaneously. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215116	A	TR	4:45-5:15PM	3/22-5/19	SPL-LR	\$72

**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. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215107	A	TR	9-9:45AM	3/22-5/19	SPL-LR	\$72

**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.**

**Instructor: Amy Whittaker.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215112	A	TR	6-6:45PM	3/22-5/19	SPL-LR	\$72

**UNIVERSAL GROOVY DANCE**

*Ages: 15 and Up. Enrollment Min 8 / Max 12.* Rock that body with Universal Groovy Dance! If you like to dance, you will love UGD as it combines the latest moves from African, Colombian, American and Latin dances! No knee torques/twisting, just funky and easy to follow dances! For 50 minutes, you're constantly moving, shaking, burning and shedding all those unwanted calories. You will SWEAT! **Bring a mat.**

**Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215004	A	S	11-11:50AM	3/26-5/21	HPRD	\$36

**WEIGHTS EXPRESS ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 14.* 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.**

**Instructor: Teresa Kelley.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215023	A	MW	5:30-6PM	3/21-5/18	SPL-FR	\$63
215023	B	TR	12:15-12:45PM	3/22-5/19	SPL-LR	\$63

**WERK OUT ★**

*Ages: 18 and Up. Enrollment Min 10 / Max 20.* Let loose, laugh, shake, twerk, sweat, burn calories and lift each other up. It is a night out with the girls! Cannot dance - WHO CARES! THE LIGHTS ARE OUT! The music is poppin' and the only thing that matters is that you are having good time. Shake your booty and tone the junk in your trunk. This is not a workout - it is a party. **Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215100	A	F	6-7PM	3/25	SPL-LR	\$10
215100	B	F	6-7PM	4/29	SPL-LR	\$10

**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 4/17. Instructor: M.A. Saunders.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215015	A	SU	3-4PM	3/20-5/15	HPRC-BR	\$32

**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 4/17. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215123	A	SU	4-5:15PM	3/20-5/15	SPL-FR	\$64

**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. Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215022	A	TR	12:10-12:50PM	3/22-5/19	SPL-FR	\$63

**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 a gentle approach. No experience is required. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215016	A	T	10-11AM	3/22-5/17	SPL-FR	\$36

**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. Instructor: M.A. Saunders.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215017	A	M	5:30-6:30PM	3/21-5/16	HPRC-BR	\$36

**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. Instructors:**

**Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215121	A(FH)	TR	5:30-6:25PM	3/22-5/19	HPRC-BR	\$63
215121	B(SC)	S	8:30-9:20AM	3/26-5/21	SPL-FR	\$36

**ZUMBA ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A fitness program that combines Latin and international a 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. Combine cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Instructors: Pat Middaugh (PM) | Susan King (SK) | Amy Ash (AA).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215000	A(PM)	MWF	12:10-12:50PM	3/21-5/20	HPRC-GYM	\$75
215000	B(SK)	M	5:30-6:25PM	3/21-5/16	SPL-LR	\$36
215000	C(SK)	W	5:30-6:25PM	3/23-5/18	SPL-LR	\$36
215000	D(AA)	S	9-9:50AM	3/26-5/21	SPL-LR	\$36

**FITNESS IN THE WORKPLACE WORKSHOPS**

Looking for a fresh start and guidance for the New Year? Join Mea Austin, Executive Coach and Speaker, on how to reflect and put into practice new ways of thinking and doing things. Overcome obstacles, meet goals and improve professional and personal relationships. Workshops will focus on the present and goals for the future to give you the life you really want. Reach your goals and hold yourself accountable.

**THE PARADIGM SHIFT**

*Ages: 18 and Up. Enrollment Min 8 / Max 20.* Paradigms are the multitude of habits controlling your thoughts and behaviors. They govern your communication, relationships, work habits, and ultimately your success or failure. Do you feel like you are doing all the right things to achieve your goals, but you still can't seem to get there? Do you see people with more happiness or success and think, "What am I doing wrong?" Are you struggling in the Covid environment to stay positive? Learn and implement the latest science around habit. Receive tools designed to help you start or stop behaviors. Uncover the path to shift your paradigm and create a more intentional, peaceful, and satisfying life. **Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215117	A	S	11:30AM-1PM	4/2	SPL-LR	\$20