

LODGEVILLE ROAD BRANCH CLASSES

Session I June 6-July 16, 2011 (six week session)

Session II July 18-August 27, 2011 (six week session)

Parent-Child Swim (Infants and Toddlers, ages 6 months to 3 years)

The primary objective of this 30 minute class is to get both the parent and child comfortable with the water. The child will become aware of the differences between moving through the water and on dry land, while the parent will become aware of how to teach his or her child to be safer in and around the water. Activities are based on the development abilities of the child using basic movements in the water such as kicking, arm strokes, and breath control.

M/W 11-11:30 a.m..

Session I	Members: \$26*	Non-members: \$39*
Session II	Members: \$28*	Non-members: \$41*

Water Aerobics (Class Limit: 20) Certified Inst: Janet & Kathie

Looking for something different? Join Janet and Kathy for a complete body workout using the water as resistance. The class is a combination of cardio, strengthening and toning with little impact on the joints.

M/W/F 10:00-11:00 a.m. Non-members: Session I \$61* Session II \$64*

T/Th 7:00 - 8:00 p.m. Non-members: Session I & II \$44*

Arthritis Foundation Aquatic Program Certified Inst. Lynne, Phyl & Kathie

Under the supervision of a certified instructor, the Arthritis Foundation Aquatic Program combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements used in the program increase joint flexibility and range of motion, while restoring or maintaining muscle strength.

M/W/F 9-10 a.m. Non-members: Session I \$61* Session II \$64*

T/Th 6:15-7 p.m. Non-members: Session I & II \$44*

AEROBICS-LODGEVILLE

Cardio Mix Certified Inst: Melissa Reel(**Class limit, 16**)

A class appropriate for beginners to advanced as you work at your own pace. For one hour, participants will engage in hi-lo aerobics, step, and kickboxing. It's sure to get your heart rate moving and provide a full-body workout.

M/W 6-7 p.m. Non-members: Session I \$43* Session II \$47*

Butts and Guts (Class Limit: 40) Certified Inst: Janet

A half hour of strength training for the core muscle groups in the abdomen and back. Emphasis is based on proper alignment and breathing techniques for a safe and effective workout. Exercises are also included to strengthen and tone the buttocks and hamstrings. Session ends with stretching exercises.

T/Th 9-9:30 a.m. Non-members: \$26*

Cardio Interval Certified Inst: Janet

Get ready for an hour of high energy consisting of aerobic conditioning as well as muscle strengthening exercises. The goal is to keep your heart pumping at a fat-burning rate in conjunction with weight bearing exercises. It's a great total body workout that beginners to advanced can enjoy. Burn the fat and get toned while having fun!

T/Th 9:30 - 10:30 a.m. Non-members: \$47*

Saturday 9-10 a.m. Non-members: \$26*

20/20/20 Cert. Inst: Shari

One hour with three twenty minute segments to improve your heart and bone health. Twenty minutes of cardio, 20 minutes of strength training and 20 minutes of core work and yoga with stretching. Get ready for high energy heart pumping cardio with interval training, abdominal workout and power yoga.

M/W 8:30-9:30 a.m. Non-members: Session I \$43* Session II \$47*

T 5:30-6:30 a.m. Non-members: \$26*

Zumba Certified Inst: Paige

Zumba is based on the principle that a workout should be "fun and easy to do" allowing participants to stick with the Zumba Fitness program and achieve long-term health benefits. Zumba is a fusion of Latin and International music-dance with routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms (dance steps) that tone and sculpt the body. Appropriate for any fitness level.

M/W/F 11 a.m.-Noon Non-members: Session I \$50* Session II \$53*

Yoga Certified Inst: Sandra

In this class, the instructor will lead members through a flowing yoga routine that allows participants to increase flexibility and vitality in a format that emphasized gentle yoga postures and proper breathing. This class is ideal for members with health concerns or for beginners seeking an introduction to the ancient practice of yoga.

M/W 7:00-8:00 p.m. Non-members: Session I \$43* Session II \$47*

Step & Muscle Challenge Certified Inst: Robert (**Class Limit: 16**)

One hour of exercise designed to give participants a safe and effective cardiovascular workout through moderate choreography. Cardio sessions are intervals with 5-6 minute strength training using hand weights or resistance bands to tone and develop muscles. Emphasis is placed on safe effective moves. Session ends with cool down and stretching.

T 6:30-7:30 p.m. Non-members: \$26*

Beginner Pilates Certified Inst: Alicia and Lindsey (**Class limit, 14**)

In this class, you will train all the muscles of the body to gain strength in the manner they are designed to perform. Along with building a strong core, you will become efficient in the "mind over muscle" concept to relieve stress, improve body awareness and flexibility.

Warm up and relaxation is included.

M/W 5-6 p.m. Non-members: Session I \$43* Session II \$47*

Arthritis Foundation Tai Chi Program Certified Inst: Sandra

This class is designed to improve the quality of life for people with arthritis using the Sun Style Tai Chi, one of the four major recognized styles. It is a slow-paced, graceful, low-impact form of exercise. Some of the benefits from this program are improved balance, increased flexibility, increased mobility, improved health-related quality of life, improved psychological well-being, decreased pain, decreased fatigue and decreased stiffness.

Those without arthritis are welcomed too! **(Held at the Days Inn)**

M/W

Beginner 5-6 p.m. Non-members: Session I \$43* Session II \$47*

Advanced 6-6:55 p.m. Non-members: Session I \$43* Session II \$47*

Cross Train with Melanie

A lot of muscle confusion and endurance and cardio. This class will challenge you to your maximum ability. The routine is never the same, switching it up is a way to reach your goals.

Thursday 5:30-6:30 p.m. Non-members: \$26*

Instructor's Choice Certified Inst. Shari & Lindsey

This class is full of surprises! It's a great way to jumpstart your weekend as the three instructors rotate classes – teaching whatever they want that day.

F 8:30-9:45 a.m. Non-members: \$32*

One-On-One Personal Training

Let one of our personal trainers meet with you and set you up on a specialized program to help you reach your health and fitness goals. Contact Bill or Curtis to arrange an appointment

Members: \$30 hour Non-members: \$40 *(No fee reduction for early payment)*