

Fitness & Wellness Classes

BALLROOM DANCE

Learn the basics of popular ballroom dances with emphasis on proper dance technique. The January session will feature the cha cha and the February session will feature the fox trot and the March session will feature the jitterbug.

Instructor: Maryann Dicke
Fee: \$16/four-week session or \$5/class



#580204-01	Thu	Jan 7-Jan 28	2-3 pm
#580204-02	Thu	Feb 4-Feb 25	2-3 pm
#580204-03	Thu	Mar 3-Mar 24	2-3 pm

CARDIO BALLROOM

Join us for a fun aerobic workout through ballroom dance. Class will include waltz, swing, cha cha, fox trot, salsa, tango, merengue, rumba, line dance and more. No partners needed.

Instructor: Maryann Dicke
Fee: \$16/four-week session or \$5/class

#580208-01	Thu	Jan 7-Jan 28	3:15-4:15 pm
#580208-02	Thu	Feb 4-Feb 25	3:15-4:15 pm
#580208-03	Thu	Mar 3-Mar 24	3:15-4:15 pm

BALLROOM BOOT CAMP

Learn the basics of salsa and merengue to feel confident on the social dance floor or to improve your dance technique. There will be breaks between the dances, time for practice and individual help.

Instructor: Maryann Dicke
Fee: \$14/\$16 nonresident

#880202-01	Sat	Feb 20	2-4 pm
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1950s ROCK 'N' ROLL DANCE PARTY

Join us for an afternoon of jitterbug, hand jive, twist and other dances. Feel free to wear '50s attire. Maryann Dicke will be the DJ and will provide informal instruction. Please bring a snack to share.

Fee: \$4 per person /
 \$2 per person SilverSneakers® member
Time & Date: 2-4 p.m., Thursday, March 31

BRAIN GYM FOR SENIORS

Increase clarity, coordination and memory through simple Brain Gym movement, games, exercises and activities. Other benefits are improved reading skills, math skills, following calendar dates, following instructions, remembering medications, fall prevention, speech, having fun and enjoying life. Come each week and see the improvement. This will be fun!

Instructor: Debra Smith
Fee: \$36/\$38 nonresident

#580213-01	Fri	Jan 22-Mar 11	9-10:30 am
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HATHA YOGA

Hatha Yoga is a great way to stay fit and mobile. Release your stress and tension while gaining strength, flexibility and balance! This class will focus on breath awareness and help your mental concentration.

Instructor: Sonni Wright Wakefield
Fee: \$7/class or
 \$60/10-class punch card

Time & Date: 9-10:30 a.m.
 Monday/Wednesday, Ongoing

QIGONG

These energy cultivation movement patterns have been refined through thousands of years of popular practice. They are gentle meditative exercises that improve the flow of internal energy and promote health, vitality and a sense of balance. Qigong is a good complement to any exercise routine for students of all abilities and capabilities.

Instructor: Steve Bradley

Fee: Free for SilverSneakers® members
\$36/\$38 nonresident or \$5/class

#580219-01	Tue	Jan 19-Mar 8	4-5 pm
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SILVERSNEAKERS® CLASSIC

This class is designed to increase strength, range of movement, agility, balance and coordination and to improve participant's functional capacities, physical fitness level and sense of well-being.

Instructors: Julie Kremer/Lauren Ersland

Fee: Free for SilverSneakers® members
or \$15/10-class punch card

Time & Date: 9:30-10:30 a.m., Tuesday, Ongoing
9:30-10:30 a.m., Thursday, Ongoing
11-11:45 a.m., Tuesday, Ongoing
10:45-11:30 a.m., Thursday, Ongoing

SILVERSNEAKERS® YOGA

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Instructor: Julie Kremer

Fee: Free for SilverSneakers® members
or \$15/10-class punch card

Time & Date: 10-10:45 a.m., Monday, Ongoing
9-10 a.m., Wednesday, Ongoing

TAI CHI

Reach a higher level of well-being with the flowing movements of this gentle mind-body exercise. Try Tai Chi to reduce stress, improve your balance and to gain a centered mind.

Instructor: Mike Sanin

No fee for SilverSneakers® members

Fee: \$36/\$38 nonresident or \$5/class

BEGINNER

#580221-01	Thu	Jan 21-Mar 10	8:30-9:30 am
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INTERMEDIATE

#580222-01	Thu	Jan 21-Mar 10	9:30-10:30 am
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ADVANCED

#580223-01	Thu	Jan 21-Mar 10	10:30-11:30 am
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TAI CHI CAMP

Tai Chi Camp will focus on detailed form work on Yang-style long form. Camp will be beneficial to students of all levels.

Instructor: Tim Murphy

Fee: \$21/\$23 nonresident

#580227-01	Tue	Jan 5	6-9 pm
#580227-02	Wed	Mar 16	6-9 pm

ZUMBA GOLD®

Move to the beat at your own speed with Zumba Gold® classes. These invigorating, community-oriented dance-fitness classes provide modified, low-impact moves and easy-to-follow pacing for older adults who love a healthy, active lifestyle.

Instructor: Maryann Dicke

No fee for SilverSneakers® members

Fee: \$16/four-week session or \$5/class

#580230-01	Tue	Jan 5-Jan 26	1-2 pm
#580230-02	Tue	Feb 2-Feb 23	1-2 pm
#580230-03	Tue	Mar 1-Mar 22	1-2 pm