

Adult Classes

Fitness

STRIDING WITH STOLLERS

This fun fitness class gives new parents an opportunity to work out without leaving the little ones at home. Participants will learn how to incorporate strollers into any workout. Participants will also build stamina, muscle strength, and flexibility. Remember to bring a towel and water with you.

Location: Founders Park

Aug 31 - Oct 19	T	9:00 - 10:00 AM
Residents	\$59	214201-01
Non-Residents	\$71	

Oct 26 - Dec 14	T	9:00 - 10:00 AM
Residents	\$51.63	214201-02
Non-Residents	\$62.13	

***No class on 11/2**

Sept 2 - Oct 21	TH	9:00 - 10:00 AM
Residents	\$59	214201-03
Non-Residents	\$71	

Oct 28 - Dec 16	TH	9:00 - 10:00 AM
Residents	\$44.25	214201-04
Non-Residents	\$53.25	

***No class on 11/4 & 11/25**



SUNRISE YOGA

Start your day right by improving your circulation as we introduce you to the world of yoga. This class does not require any special equipment or clothing ... just a mat, towel, and a bottle of water.

Location: Waterways Park

Sept 1 - Oct 20	W	8:30 - 9:30 AM
Residents	\$51.63	213201-03
Non-Residents	\$62.13	

***No class on 9/8**

Oct 27 - Dec 15	W	8:30 - 9:30 AM
Residents	\$59	213201-04
Non-Residents	\$71	



FREE TENNIS WORKSHOP

Tennis workshops are a great way to meet new people! Participants will be paired with others for doubles play. Experience can range from beginner to intermediate. Workshops must meet a minimum of 4 players. All participants are required to bring their own racquets.

Location: Founders Park

October 2	S	10:00 - 11:00 AM
No Fee		214302-05

November 13	S	10:00 - 11:00 AM
No Fee		214302-06

GET FIT!

This class is designed for people of all abilities looking to burn fat, tone muscles, and build endurance. This exercise program will challenge the mind and body in a way that is rewarding and fun! Remember to bring a towel and water with you.

Location: Waterways Park

Aug 31 - Oct 19	T	9:00 - 10:00 AM
Residents	\$59	213203-01
Non-Residents	\$71	

Oct 26 - Dec 14	T	9:00 - 10:00 AM
Residents	\$59	213203-02
Non-Residents	\$71	

Sept 2 - Oct 21	TH	5:30 - 6:30 PM
Residents	\$59	213203-03
Non-Residents	\$71	

Oct 28 - Dec 16	TH	5:30 - 6:30 PM
Residents	\$51.63	213203-04
Non-Residents	\$62.13	

***No class on 11/25**



Adult Classes

Fitness

YOGA

Improve your strength, flexibility, and overall body in this introductory yoga class. Bring a mat, a bottle of water and wear comfortable clothes.

Aug 30 - Oct 18	M	11:00 AM – Noon
Adults \$57		212207-04
Seniors \$52		112207-04
*No class on 9/6		

Aug 31 - Oct 19	T	9:30 – 10:30 AM
Adults No Fee		552512-03
Seniors No Fee		

Sept 2 - Oct 21	TH	9:30 – 10:30 AM
Adults \$65		212207-06
Seniors \$59		112207-06

Oct 25 - Dec 13	M	11:00 AM – Noon
Adults \$65		212207-05
Seniors \$59		112207-05

Oct 26 - Dec 14	T	9:30 – 10:30 AM
Adults No Fee		552512-04
Seniors No Fee		

Oct 28 - Dec 16	TH	9:30 – 10:30 AM
Adults \$57		212207-08
Seniors \$52		112207-08
*No class on 11/25		



BODY SCULPTING

A cross between Tai Chi, Yoga, Pilates and Martial Arts. Body sculpting requires specific/intense muscle contraction and control. Similar to power Yoga in its use of pose, concentration and balance. "Sculpting" focuses on deep breathing, low heart rate, low impact, hydration and basic movement.

Sept 2 - Oct 21	TH	6:00 – 7:00 PM
No Fee		552513-01

Oct 28 - Dec 16	TH	6:00 – 7:00 PM
No Fee		552513-02
*No class on 11/25		



STRETCH CLASS

Start your day with a stretch and a smile. This class will enhance flexibility as well as strengthen the core.

Aug 30 - Oct 18	M	9:00 - 9:30 AM
No Fee		552514-02
*No class on 9/6		

Oct 25 - Dec 13	M	9:00 - 9:30 AM
No Fee		552514-03

CARDIO BLAST



Knock out boredom and blast fat away with this amazing cardio workout. During this class you will target muscles such as arms, shoulders, abs, thighs and butt.

Sept 1– Oct 20	W	4:15 - 5:15 PM
Adults \$57		212216-01
Seniors \$52		112123-01
*No class on 9/8		

Oct 27 - Dec 15	W	4:15 - 5:15 PM
Adults \$57		212216-02
Seniors \$52		112123-02
*No class on 11/10		



PILATES MAT

Total body workout emphasizes body alignment to build muscular strength, balance and harmony. Pilates focuses on the abdominal area, lower back and hips to create a power center.

Sept 1– Oct 20	W	10:30 - 11:30 AM
Adults \$57		212217-01
Seniors \$52		112215-01
*No class on 9/8		

Oct 27 - Dec 15	W	10:30 - 11:30 AM
Adults \$57		212217-02
Seniors \$52		112215-02
*No class on 11/10		

