WEIGHT LOSS BOOT CAMP

Looking to lose weight in a safe and fun way? This class is for you! Participants will go through drills, weight stations and cardio circuits to burn calories. Weekly food and workout logs will be kept, and healthy recipes will be distributed. Measurements and body fat analysis will be taken during the course of the program. All fitness levels welcome.

AGE:	16 & up	
LOCATION:	Sportsplex—Fitness Center	
SESSION I:	Sep 12 - Nov 3	
FEE:	(R) $100.00/(N) $150.00/(M)$90.00	
PROGRAM#:	**DAY:**	**TIME:**
81017	M & W	6:00 PM-6:55 PM
81019	T & Th	7:00 PM-7:55 PM
SESSION II:	Nov 7-Dec 15	
FEE:	(R) $63.00/(N) $95.00/(M)$58.00	
PROGRAM#:	**DAY:**	**TIME:**
81020	M & W	6:00 PM-6:55 PM
81072	T & Th	7:00 PM-7:55 PM

CORE, TRX & WEIGHTS

This class will keep you moving while training your whole body and working every muscle. Class will use the suspension training system (TRX), free weights and the BOSU for some core work. Get ready to get in the best shape ever. *No class November 21.*

INSTRUCTOR:	Laura Mulhall
DAY:	Monday
TIME:	9:30 AM-10:25 AM
AGE:	14 & up
LOCATION:	Sportsplex—Fitness Center
FEE:	(R) $60.00/(N) $90.00/(M)$55.00
PROGRAM#:	**DATE:**
81043	Sep 12-Oct 17
81044	Oct 24-Dec 5

WEIGHT TRAINING FOR MEN & WOMEN OVER 50

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving our daily living. *No class November 24 - make up date TBD.*

INSTRUCTOR:	Laura Mulhall		
TIME:	7:00 PM-7:55 PM		
AGE:	50 & up		
LOCATION:	Sportsplex—Fitness Center		
FEE:	(R) $65.00/(N) $98.00/(M)$60.00		
PROGRAM#:	**COURSE:**	**DATE:**	**DAY:**
81055	Men	Sep 12-Oct 17	M
81057	Women	Sep 15-Oct 20	Th
81056	Men	Oct 24-Nov 28	M
81058	Women	Oct 27-Dec 1	Th

3-WEEK MINI SESSION

DATE:	Dec 5-Dec 22	
FEE:	(R) $33.00/(N) $49.00/(M)$28.00	
PROGRAM#:	**COURSE:**	**DAY:**
81059	Men	M
81060	Women	Th

FLY YOGA

Stretch further and hold challenging poses longer using a flowing fabric yoga hammock. One can gain strength, flexibility, and focus thru this class. This is as fun as fitness can get! Private classes are available upon request.*No class November 21.*

INSTRUCTORS: Heather Barrett
DAY: Monday
TIME: 7:00 PM-7:50 PM
AGE: 14 & up
LOCATION: Sportsplex—Aerobics/Dance Studio
FEE: (R) $90.00/(N) $135.00/(M)$85.00

PROGRAM#:	DATE:
80941	Sep 12-Oct 17
80942	Oct 24-Dec 5

SUNSET YOGA

Give yourself a "time-in" with this all level moving meditation fusing yoga, pranayama (breath work) and relaxation techniques in a softly candlelit room. It's been said disease stems from dis-ease, so let's give st(R)s and tension the boot with techniques that have been used for thousands of years to invite peace and happiness. Please bring mat & props to class. *No class November 21.*

INSTRUCTOR: Gina Arakelian
PROGRAM#: 80940
DATE: Sep 12-Nov 28
DAY: Monday
TIME: 8:00 PM-9:10 PM
AGE: 14 & up
LOCATION: Cultural—Room 201
FEE: (R) $125.00/(N) $175.00/(M)$120.00

FITNESS YOGA

Focus on fundamentals such as alignment, breathing, flexibility, balance awareness, and action in yoga poses. Core stabilization and strength will be emphasized. *No class the week of November 22-25.*

INSTRUCTORS: Lauren (Tu)/Mary (W, Th & F)
AGE: 14 & up
LOCATION: Sportsplex—Aerobics/Dance Studio
FEE: (R) $95.00/(N)$143.00/(M)$90.00

PROG#:	DATE:	DAY:	TIME:
80944	Sep 13-Dec 6	Tu	4:10 PM-5:10 PM
80947	Sep 14-Dec 7	W	10:30 AM-11:30 AM
80948	Sep 15-Dec 8	Th	7:00 PM-8:00 PM
80949	Sep 16-Dec 9	F	10:00 AM-11:00 AM

GENTLE YOGA

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility. *No class November 21.*

INSTRUCTOR: Mary Dempsey
PROGRAM#: 80943
DATE: Sep 12-Dec 5
DAY: Monday
TIME: 12:00 PM-12:45 PM
AGE: 18 & up
LOCATION: Sportsplex—Aerobics/Dance Studio
FEE: (R) $95.00/(N) $143.00/(M)$90.00

YOGA & FITNESS FOR KIDS

Children get a chance to learn basic yoga moves incorporated with stretching & strength exercises, kickboxing, cycle, aerobics and more. This is an all around fun fitness class! *No class November 25.*

INSTRUCTOR: Kelly Kenny
DAY: Friday
TIME: 3:30 PM-4:15 PM
AGE: 7 to 14
LOCATION: Sportsplex—Aerobics/Dance Studio
FEE: (R) $47.00/(N) $71.00/(M)$42.00

PROGRAM#:	DATE:
80938	Sep 23-Oct 28
80939	Nov 4-Dec 9

NOTE: (M) SIGNIFIES SPORTSPLEX MEMBERS ONLY FEE. CHILDREN MUST BE A SPORTSPLEX MEMBER TO TAKE ADVANTAGE OF THE MEMBER RATE.

SENIOR FITNESS BOOT CAMP

This class will focus on building strength, stamina and balance while working at your own pace and ability. *No class November 24.*

INSTRUCTOR: Kelly Kenny
DAY: Thursday
TIME: 10:00 AM-10:50 AM
AGE: 55 & up
LOCATION: Sportsplex—Fitness Center
FEE: (R) $55.00/(N) $83.00/(M)$50.00

PROGRAM#:	**DATE:**
81046	Sep 15-Oct 20
81047	Oct 27-Dec 8

STRENGTH AND STRETCH FOR SENIORS

Need a little help with getting items into and out of those hard to reach places? Strengthening and stretching all those everyday muscles is key to a happy and healthy lifestyle. Participants will learn the techniques of safely lifting light weights and stretching the muscle groups as well. *No class November 24.*

INSTRUCTOR: Kelly Kenny
DAY: Thursday
TIME: 11:00 AM-11:50 AM
AGE: 55 & up
LOCATION: Sportsplex—Aerobics/Dance Studio
FEE: (R) $55.00/(N) $83.00/(M)$50.00

PROGRAM#:	**DATE:**
80926	Sep 15-Oct 20
80927	Oct 27-Dec 8

SPORTSPLEX SENIOR CLUBS

SPORTSPLEX MEMBERS FREE

Registration is required.

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

WOMEN'S CLUB: Thursday
MEN'S CLUB: Friday
TIME: 10:00 AM to 12:00 PM
AGE: 55 & up
LOCATION: Sportsplex
FEE: $25.00(R) *semi-annually*
$35.00(N) *semi-annually*
Sportsplex Members Free

ARTHRITIS IN MOTION

This specialty class will be for those who suffer from arthritis. Exercises will be taught that help individuals with daily living activities. Modified weight training and cardiovascular exercise will be integrated throughout the class as well. Stretching techniques will be emphasized.

INSTRUCTOR: Madge Chisholm
PROGRAM#: 81061
DATE: Sep 14-Nov 16
DAY: Wednesday
TIME: 9:30 AM-10:25 AM
AGE: 18 & up
LOCATION: Sportsplex—Gym 2
FEE: (R) $70.00/(N) $105.00/(M)$65.00

PARKINSON'S EXERCISE CLASS

NEW!

The focus of this exercise class is to improve mobility of individuals with Parkinson's and other neurodegenerative diseases. When you've been diagnosed with Parkinson's, it is very important to stay moving and keep active in order to maintain optimal function. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, prevent joint deformation and elevate overall strength and stamina.

INSTRUCTOR: Christa Abramowicz
DAY: Monday & Wednesday
TIME: 11:30 AM-12:30 PM
AGE: 16 & up
LOCATION: Sportsplex—Gym 3
FEE: (R) $66.00/(N) $99.00/(M)61.00

PROGRAM#:	**DATE:**
80924	Sep 12-Oct 26
80925	Oct 31-Dec 14

SENIOR WEEK ACTIVITIES OCTOBER 3-6

Mark your calendar for the annual Sportsplex Senior Week. This week has been designed for the 55+ crowd and will include activities such as wellness lectures, a walking club, senior aerobics, weight training for seniors, refreshments, raffle prizes, and more! Come join us on the last day as we gather for the Senior 100, a fun exercise class. Raffle prizes and t-shirts will be awarded after this class.