

Tai Chi (Ages 15 & Up)

Supervisor: Liz Visteen



Tai Chi (Yang Style): Taijiquan (grand ultimate fist) refers to a series of dynamic, connected postures strung together in a smooth, flowing manner. Within the postures are martial art aspects that are largely hidden. Class begins with QiGong sets and then moves on to emphasize the 24 posture Beijing style (Yang short form). This class is often taken on a continuing basis as a lifestyle endeavor.

Min 6/Max 20

QiGong for the Season (Ages 15 & Up)



Supervisor: Liz Visteen

Experience the flow of energy (Qi) and the power of self-healing. Learn how to combine static and moving meditations with the Five Elements and cycles of nature to cultivate your energy garden. Season-specific foods will also be introduced. Many healthcare practitioners are discovering and recommending this Chinese bio-energetic system as a productive, integrative therapy that supports wellness through exercise.

Min 6/Max 20

Therapeutic Tai Chi (Ages 15 & Up)

Supervisor: Liz Visteen



Class focus is on using breath and energy techniques common to tai chi & qigong to progressively bring about a state of balance and stability. We begin with chair work to open joints and release tension throughout the body. As the class progresses, we move to more challenging Temple style tai chi (can be done standing or sitting) which supports strength, endurance and balance. Many feel that the most valuable thing about the class is that it retrains the breathing to restore deep vitality.

Min 6/Max 16

Awareness through Movement (Ages 15 & Up)

Supervisor: Liz Visteen



Resilience of Mind & Body for facing life's challenges! If you'd like to feel more 'at home' and 'at peace' in your body, this is the class for you. Current students are "amazed at the reduction of pain and the improvement of 'balance and flexibility.'" This class integrates healthy biomechanics, core exercises, meditation, and clarity of intention.

Min 6/Max 18

HEALTH & FITNESS

Tai Chi Colleagues (Ages 18 & Up)

Supervisor: Liz Visteen



Are you currently enrolled in a Tai Chi class or have you done Tai Chi in the past? Join Fellow Tai Chi students to refine and practice your skills. Minimal instruction provided. Register for the entire session or pay as you go with cash or check. Active Adult Members (AAM) pay \$9.00 for entire session.

Drop in fees per class:

AAM - \$1.00

Residents - \$2.00

Non-residents - \$3.00

Min 1/Max 20

I have much better
AGILITY AND BALANCE
because of my participation in
AWARENESS THROUGH MOVEMENT.



Are you age 50 or better? Become an Active Adult Member & save on programs with this symbol. See page 75 for details.

PROGRAM	AGES	DAY(S)/TIME	DATE(S)	LOCATION	INSTRUCTOR	# of CLASSES	ACTIVITY #	RES/NR
Tai Chi	15+	Tu, 8-8:55pm	Apr 15 - May 20	Longfellow Center	Beatrice DeFranco	6	#225340-01	\$62/\$93
Tai Chi	15+	W, 9:15-10:25am	Apr 16 - May 21	Dole Center	Beatrice DeFranco	6	#225340-02	\$62/\$93
QiGong 4 the Season	15+	W, 10:30-11:25am	Apr 16 - May 21	Dole Center	Beatrice DeFranco	6	#225341-01	\$62/\$93
Therapeutic Tai Chi	15+	Th, 10-10:55am	Apr 17 - May 22	Dole Center	Beatrice DeFranco	6	#225343-01	\$62/\$93
Awareness thru Mov't	15+	Tu, 7:15-8:10pm	Apr 22 - May 27	Dole Center	Mary Susan Chen	6	#225345-02	\$62/\$93
Awareness thru Mov't	15+	W, 9-9:55am	Apr 23 - May 28	Dole Center	Mary Susan Chen	6	#225345-01	\$62/\$93
Tai Chi Colleagues	15+	F, 10:30-11:30am	Apr 4 - May 30	Longfellow Center	Tina Birnbaum	9	#261469-01	\$18/\$27



Noon on Th, Mar 6 - see page 89 for details

HEALTH & FITNESS EXTRAS



PUNCH PASSES & DROP IN CLASSES

Punch Passes are available in 10, 20 & 35 punch increments. Each visit to one of these classes at right counts as one punch!

Your PDOP Fitness Punch Pass expires 6 months after the date of purchase and is non-transferable and non-refundable. Classes do not take place on major holidays.

Buy your Punch Pass during open hours at the Administrative Center, 218 Madison Street - or purchase your pass at our offices at Dole Center 20 minutes ahead of class time!

Have you been looking for drop-in classes that fit into your schedule? Check out our Punch Pass Drop-In Classes!

BASIC FITNESS

Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed. Bring a towel.

Instructor: Mara Leonard

Location: Dole Center, Studio 1

M, W, F from 11-11:55am

STRONG & LONG

This class focuses on improving strength and flexibility. Class begins with a long cardio warm up and a relaxing stretch to prepare for strength training. Then we focus on strength exercises for the upper and lower body with special attention on the core muscles. The class ends with a full body stretch and posture adjustment.

Instructor: Mara Leonard

Location: Dole Center, Studio 1

Tu & Th, 8:15-9:10am



My instructor Janice
GENUINELY CARES
about helping me achieve my
HEALTH AND FITNESS GOALS.



Exercising at the Park District
**HAS HELPED ME STAY HEALTHY
AND ACTIVE FOR OVER 30 YEARS**

Individual & Small Group Personal Training Available

Working with a personal trainer can help maximize your workout so you get the most out of the time you spend on your fitness program. Receive customized exercise plans, gain motivation and be empowered to stay on track to meet or exceed your fitness goals. For all ages and fitness levels. Call (708)725-2155 for details.

Location: Dole Center

Instructor: Janice Enloe, ACE certified personal trainer, ACE certified Health Coach, Advanced Health and Fitness Specialist, RCA Running Coach

Individual Training:

Work one-on-one with the trainer. Individual fees starting at \$57 per hour. Package discounts available!

Small Group Training:

Gather a group of 2 to 6 friends, family or co-workers and train for an event, get in shape for a wedding, focus on weight management, start a workplace wellness challenge or take the first step toward a healthier lifestyle! Group training fees start at \$34 per hour per person. Package discounts available!

Resident	Non-Resident	Active Adult Member
10 for \$67	10 for \$98	10 for \$48
20 for \$122	20 for \$183	20 for \$92
35 for \$200	35 for \$300	35 for \$149

Intro to Yoga (Ages 15 & Up)

Supervisor: Liz Visteen



Looking to experience the relaxation and stress relief of yoga? This Hatha based class is a great introduction to the basics of yoga. Students will learn the fundamental asanas (poses) and pranayama (breathing techniques). This class is also a good fit for those who would like to slow down to take time on the breath, alignment and where you feel the stretch in each asana (pose). All classes will begin with breath and a warm up where each week a variety of reclining, standing and seated asanas (poses) will be taught. Class will end with a final relaxation.

Min 6/Max 24

Beginning/Continuing Yoga (Ages 15 & Up)

Supervisor: Liz Visteen



These Hatha with some Vinyasa based yoga classes are for those who have begun their exploration of Yoga and would like to learn more challenging asanas (poses). We will cover a wider range of asanas (poses) that will focus on balance, abdominal/core strength, pranayama (breathing techniques), lengthening and toning the entire body. As various asanas (poses) are mastered, student awareness of the body grows, guiding toward a healthy body and a more centered state of consciousness.

Min 6/Max 20

Meditation (Ages 15 & Up)

Supervisor: Liz Visteen



A very special class where the body stays still and mind works out. This class will teach a few meditation techniques to practice at home. Though the meditation is practiced alone, these classes will help you sit in a group and practice Meditation to learn the techniques to co-exist. Several techniques will be introduced to calm the mind and manage stress and other health issues. Whether you are a seasoned practitioner or a beginner these classes will help you grow inside as well as together with the group. Mantra "Om" will be key sound of the class apart from the sounds of a bronze bowl. Classes will be guided most of the times to keep you on the track. Practitioners have noticed great benefits of Meditation physiologically, psychologically level as well as at the spiritual level.

Min 6/Max 24

HEALTH & FITNESS

Yoga for Kids (Ages 8 - 12)

Supervisor: Liz Visteen

Children can benefit from practicing yoga! We'll concentrate on stretching, strengthening, and relaxation, while coordinating breathing with movement. We will also explore more advanced and exciting poses. Many of these relaxation techniques can be practiced at home, making it a great tension reliever for both kids and parents.

Min 6/Max 20

Pilates (Ages 15 & Up)

Supervisor: Liz Visteen



Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body. Pilates exercises help tone muscles, develop core stability, improve posture, increase flexibility and train the body and mind to work together to improve overall fitness. Basic Pilates principals will be reviewed on the first day of the session

Min 6/Max 16

I really enjoy yoga class with Teresa -
**SHE HELPS US PUSH OURSELVES
AND TAKE IT TO THE NEXT LEVEL**
while being supportive.

PROGRAM	AGES	DAY(S)/TIME	DATE(S)	LOCATION	INSTRUCTOR	# of CLASSES	ACTIVITY #	RES/NR
Intro to Yoga	15+	W, 7:15-8:25pm	Apr 16 - May 21	Dole Center	Deepti Singh	6	#225300-02	\$62/\$93
Beg/Cont Yoga	15+	Tu, 4-5:10pm	Apr 15 - May 20	Dole Center	Kathleen Furey	6	#225301-03	\$62/\$93
Beg/Cont Yoga	15+	Sa, 8:15-9:25am	Apr 19 - May 24	Dole Center	Teresa Heit-Murray	6	#225301-05	\$62/\$93
Meditation	15+	W, 6-7:10pm	Apr 16 - May 21	Dole Center	Deepti Singh	6	#225303-01	\$62/\$93
Yoga for Kids	8-12	W, 5-5:45pm	Apr 16 - May 21	Dole Center	Deepti Singh	6	#225311-01	\$48/\$72
Pilates	15+	Tu, 8:15-9:10am	Apr 15 - May 20	Dole Center	Valerie Medina	6	#225320-01	\$62/\$93
Pilates	15+	Th, 8:15-9:10am	Apr 17 - May 22	Dole Center	Valerie Medina	6	#225320-03	\$62/\$93



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Noon on Th, Mar 6 - see page 89 for details

HEALTH & FITNESS

Zumba Kids Jr (Ages 4 - 6)

Supervisor: Liz Vistein

Zumba® Kids Jr. classes are a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4 to 6-year-olds just let loose and be themselves - little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music and play games with other kids.
Min 6/Max 18

Zumba Kids (age 7-11)

Supervisor: Liz Vistein

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!
Min 6/Max 18

ZUMBA (Ages 15 & Up)

Supervisor: Liz Vistein

Zumba® Fitness is like no other workout you will ever experience! It combines latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away. You will fall in love with the infectious music and body-beautifying benefits. This class consists of 45 minutes of Zumba and 10 minutes of abdominal work!
Min 6/Max 18

Zumba Core (Ages 15 & Up)

Supervisor: Liz Vistein

Target your ABS into shape with this fast and effective way of toning your abs. Dance moves are designed to target your whole core area. You will enjoy the fast pace music and feel the results after a few sessions.
Min 6/Max 18



Zumba Gold (Ages 15 & Up)

Supervisor: Liz Vistein

This class is for the Active Adult who is just starting a healthy and fit lifestyle. Enjoy the party atmosphere, music and most of all see the results in about six weeks. Slow progression is the key to successful fitness. You do not have to be a dancer. So join the party, smile and have fun.
Min 6/Max 18



Zumba Sentao (Ages 15 & Up)

Supervisor: Liz Vistein

Join the fun and try this new program called Zumba Sentao. This program is an intense new way to boost your fitness. This program is an explosive chair based choreography that will stabilize the core, enhance your cardio, strengthen and balance a fun new way. This program uses your body weight to develop muscle strength, improve endurance and tone your physique.
Min 6/Max 18



Are you age 50 or better? Become an Active Adult Member & save on programs with this symbol. See page 75 for details.

My ZUMBA class is the highlight of my week!

PROGRAM	AGES	DAY(S)/TIME	DATE(S)	LOCATION	INSTRUCTOR	# of CLASSES	ACTIVITY #	RES/NR
ZUMBA	15+	W, 7:30-8:25pm	Apr 16 - May 21	Dole Center	Al Tischina	6	#225220-01	\$48/\$72
ZUMBA	15+	Sa, 8:30-9:25am	Apr 19 - May 24	Dole Center	Al Tischina	6	#225220-03	\$48/\$72
ZUMBA Core	15+	Tu, 6-6:30pm	Apr 15 - May 20	Dole Center	Al Tischina	6	#225221-01	\$26/\$39
ZUMBA Gold	15+	Tu, 10:30-11:25am	Apr 15 - May 20	Dole Center	Al Tischina	6	#225222-01	\$48/\$72
ZUMBA Sentao	15+	Sa, 10-10:55am	Apr 19 - May 24	Dole Center	Al Tischina	6	#225223-01	\$48/\$72
Zumba Kids Jr	4-6	Tu, 5-5:45pm	Apr 15 - May 20	Fox Center	Rochelle Brown	6	#225289-01	\$40/\$60
Zumba Kids	7-11	Th, 5-5:45pm	Apr 17 - May 22	Dole Center	Rochelle Brown	6	#225290-01	\$40/\$60

COMING IN SUMMER 2014: LES MILLS' BODYPUMP!

YOUTH SPORTS

Skateboarding I (Ages 6-10)

Supervisor: Melissa Rimdzius

This class is designed for those just starting out in skateboarding. Participants will learn the very basics of the sport such as proper foot positioning and pushing so that they can become comfortable skating flat ground and learn how their equipment works. Because skateboarding is an individual sport, participants will learn at their own pace with the help of experienced instructors who will give plenty of one-on-one time, even in this group setting. Participants must provide their own helmet and skateboard. Other pads are recommended. The skate park will be closed to the public during this program.

Min 3/Max 4

Skateboarding II (Ages 6 - 13)

Supervisor: Melissa Rimdzius

Once you're feeling comfortable skating flat ground, this class will help you learn more advanced tricks and techniques like ollies and drop-ins so that you can start learning how to ride those ramps. Participants must provide their own helmet and skateboard. Other pads are recommended. The ASA skate park will be closed to the public during this program.

Min 3/Max 4

Soccer (Ages 3-4, 4-6)

Supervisor: Mike Mockler

This program is designed to teach children the basics of soccer in a fun and exciting way. Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem, but the main objective is to have fun!

Instructor: All Star Sports

Min 6/Max 21

Advanced Soccer (Ages 6 - 8)

Supervisor: Mike Mockler

This fun and exciting step up from the intro class covers all of the same basics and so much more. We will learn more about game situations and learn how to spread out and call for the ball. Positioning and teamwork is our main focus in this class. Fun games are played to keep everyone learning and moving. Equipment: shin guards & soccer ball.

Min 6/Max 21

PeeWee Soccer League (Ages 3-4)

Supervisor: Mike Mockler

New Format! Join our Pee Wee Soccer League for children ages 3-4! The first 3 weeks will be practice only and the remaining weeks will consist of practice/games. This is an introduction to the game of soccer so no experience is necessary! Games and practices will be between 9am-4pm on Saturdays. There are no player requests in this league. Participants will also receive a unique T-Shirt for their particular team!

Min 20/Max 40



Soccer League was a terrific intro to
BEING ON A REAL TEAM
and my son had a **WONDERFUL TIME**
Just the right amount of seriousness for this age!

Youth Soccer League (Ages 5-6)

Supervisor: Mike Mockler

New Format! Join our updated Youth Spring Soccer League for 5-6 year olds. The league is intended for participants who are still learning the basic skills of soccer. The first 2 weeks of the season will consist of practice only. The remaining weeks will consist of practices and games. There are no player requests in this league. Also, participants will receive a unique T-Shirt for their particular team. Games will take place between 9am-4pm on Saturdays.

Min 20/Max 120

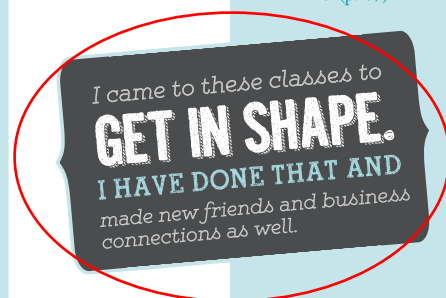
PROGRAM	AGES	DAY(S)/TIME	DATE(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Skateboarding I	6-10	Th, 6-6:55pm	Apr 3 - Apr 24	Stevenson Park	4	#226330-01	\$46/\$69
Skateboarding I	6-10	Sa, 12-12:55pm	Apr 5 - Apr 26	Stevenson Park	4	#226330-02	\$46/\$69
Skateboarding I	6-10	Th, 6-6:55pm	May 8 - May 29	Stevenson Park	4	#226330-03	\$46/\$69
Skateboarding I	6-10	Sa, 12-12:55pm	May 10 - May 31	Stevenson Park	4	#226330-04	\$46/\$69
Skateboarding II	6-10	Th, 7-7:55pm	Apr 3 - Apr 24	Stevenson Park	4	#226331-01	\$46/\$69
Skateboarding II	6-10	Sa, 11-11:55am	Apr 5 - Apr 26	Stevenson Park	4	#226331-02	\$46/\$69
Skateboarding II	6-10	Th, 7-7:55pm	May 8 - May 29	Stevenson Park	4	#226331-03	\$46/\$69
Skateboarding II	6-10	Sa, 11-11:55am	May 10 - May 31	Stevenson Park	4	#226331-04	\$46/\$69
Soccer	3-4	Th, 2:30-3:15pm	Apr 10 - May 22	Fox Park	7	#226202-01	\$77/\$116
Soccer	4-6	Th, 3:45-4:45pm	Apr 10 - May 22	Fox Park	7	#226202-02	\$77/\$116
Soccer	3-4	Th, 4:45-5:30pm	Apr 10 - May 22	Fox Park	7	#226202-03	\$77/\$116
Soccer	4-6	W, 4:30-5:30pm	Apr 9 - May 21	Andersen Park	7	#226202-04	\$77/\$116
Advanced Soccer	6-8	Th, 5:45-6:45pm	Apr 10 - May 22	Fox Park	7	#226222-01	\$77/\$116
Soccer League: Pee Wee	3-4	Sa, 9am-1pm	Apr 12 - May 17	Irving School	6	#226610-01	\$74/\$95
Soccer League: Youth	5-6	Sa, 9am-2pm	Apr 12 - May 17	Irving School	7	#226611-01	\$74/\$95

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05-7am Cardio Boot Camp (p. 68)	6-6:45am TRX Training (p. 68)	6:05-7am Metabolic Blast (p. 67)	6-6:45am TRX Training (p. 68)	6:05-7am Cardio Boot Camp (p. 68)	7-7:55am Body Sculpt (p. 68)
9-9:55am Fit Fun for Everyone (p. 67)	6:05-7am Body Sculpt (p. 68)	9-9:55am Awareness through Movement (p. 71)	6:05-7am Body Sculpt (p. 68)	9-9:55am Fit Fun for Everyone (p. 67)	8:15-9:25am Beg/Cont Yoga (p. 69)
11-11:55am Basic Fitness (p. 65)	8:15-9:10am Strong & Long (p. 65)	9-9:55am Fit Fun for Everyone (p. 67)	8:15-9:10am Strong & Long (p. 65)	11-11:55am Basic Fitness (p. 65)	8:30-9:25am ZUMBA (p. 70)
5:15-6pm TRX Basic Training (p. 68)	8:15-9:10am Pilates (p. 69)	9:15-10:25am Tai Chi (p. 71)	8:15-9:10am Pilates (p. 69)		9:30-10am Butts & Guts (p. 67)
6:15-7:15pm Some Like It Light (p. 67)	9:05-9:50am TRX Training (p. 68)	10:30-11:25am QiGong for the Season (p. 71)	9:05-9:50am TRX Training (p. 68)		10-10:55am ZUMBA Sentao (p. 70)
6:15-7:10pm Fit Fun For Everyone (p. 67)	9:15-10:10am Body Sculpt (p. 70)	11-11:55am Basic Fitness (p. 65)	9:15-10:10am Body Sculpt (p. 68)		11-11:55am Nia (p. 67)
6:15-7:10pm TRX Boot Camp (p. 68)	10:30-11:25am ZUMBA Gold (p. 70)	5-5:45pm Yoga for Kids (p. 69)	10-10:55am Therapeutic Tai Chi (p. 71)		
7-7:55pm Nia (p. 67)	4-5:10pm Beg/Cont Yoga (p. 69)	5:15-6pm TRX Boot Camp (p. 68)	5-5:45pm ZUMBA Kids Jr (p. 70)		
7:15-8:10pm Get Fit 101 (p. 67)	5-5:45pm ZUMBA Kids Jr (p. 70)	6-7:10pm Meditation (p. 69)	6-6:55pm 6 Weeks to a 5K (p. 67)		
	6-6:30pm ZUMBA Core (p. 70)	6:15-7:15pm Some Like It Light (p. 67)	6:30-7:25pm Body Sculpt (p. 68)		
	6-6:55pm 6 Weeks to a 5K (p. 67)	6:15-7:10pm Fit Fun For Everyone (p. 67)	7:30-8:25pm Boot Camp Madness (p. 67)		
	6:30-7:25pm Body Sculpt (p. 68)	6:15-7pm TRX Training (p. 68)			
	7:15-8:10pm Awareness thru Movement (p. 71)	7-7:55pm Nia (p. 67)			
	7:30-8pm Butts and Guts (p. 67)	7:15-8:25pm Intro to Yoga (p. 69)			
	8-8:55pm Tai Chi (p. 71)	7:30-8:25pm ZUMBA (p. 70)			

DON'T DELAY... SIGN UP TODAY

Exercise & Fitness classes that do not meet their minimum enrollment requirements by 72 hours prior to the first class will be canceled.



All our Fitness Classes are now
for ages 15 & up!

Visit www.pdop.org/health-fitness for program details,
fitness instructor bios and more!

COMING IN SUMMER 2014: LES MILLS' BODYPUMP!



Are you age 50 or better? Become an Active Adult Member & save on programs with this symbol. See page 75 for details.

Butts & Guts (Ages 15 & Up)

Supervisor: Liz Vistein

Tone those problem areas. Join us for this 30 minute class to sculpt and firm your abs, butt and thighs. Exercises include squats, lunges, sprints and Pilates-inspired core training to get the maximum results.

Min 6/Max 18



Fit Fun for Everyone (Ages 15 & Up)

Supervisor: Liz Vistein

It's all about variety in this cardio-strength class. Get your heart rate up with low-to-medium impact aerobics; strengthen your muscles with weights, tubes and balls; and top it off with a good stretch. There's something for everyone from the beginning exerciser to the fitness enthusiast!

Min 6/Max 20



Some Like it Light (Ages 15 & Up)

Supervisor: Liz Vistein

Designed for men and women not currently involved in an exercise program as well as for older adults. We exercise with hand-held weights which help prevent and reduce osteoporosis. This class is a great choice for cross-training with an emphasis on stretching, toning, strength, flexibility and endurance.

Min 6/Max 20

Class does not meet: 5/26



Metabolic Blast (Ages 15 & Up)

Supervisor: Liz Vistein

Are you getting results from your exercise routine? Are you ready for something different? Join us for a workout that will deliver the benefits of strength training and cardio and watch your body change as you get stronger, improve cardiovascular fitness and burn a ton of calories.

Min 6/Max 14



Get Fit 101 (Ages 15 & Up)

Supervisor: Liz Vistein

Start your week off right with a fun total body workout. This Monday night class puts a 'spin' on the traditional boot camp class. Get Fit 101, is a great cardio, strength and endurance class that varies from week to week -- so you won't get the same 'boring' workout every time. It is aimed at newbie and experienced exercisers alike. If you're looking for a challenging and fun workout, or if you are new to exercise and want to learn the ins and outs while having a great time, than this the class for you.

Min 6/Max 14



Boot Camp Madness (Ages 15 & Up)

Supervisor: Liz Vistein

Start challenging your body with this fast pace routine that incorporates plyometrics (jump training), boot camp exercises, weights and boxing exercises that will exhilarate your body to new heights. Muscles are exerted to the maximum force in as short a time as possible to accomplish whatever goals you have set for yourself. Call it what you want, this comes close to INSANITY.

Min 6/Max 14



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symbol. See page 75 for details.**

HEALTH & FITNESS

6 Weeks to 5K (Ages 15 & Up)

Supervisor: Liz Vistein

Do you have your sites set on running your first mile or are you restarting your running program after a long winter? Join us for a structured group training program that will help you safely achieve that goal in 6 weeks. We'll provide you with group runs at your pace and a training plan that will have you ready for a spring 5K or a fun run around town.

Min 6/Max 20



Nia (Ages 15 & Up)

Supervisor: Liz Vistein

This unique fitness class blends modern dance, martial arts, and healing arts to achieve your fitness goals and express yourself through movement and sensation. Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression. Come experience Nia in this grounded, aerobic, barefoot, movement class. Appropriate for all fitness levels. No dance experience is necessary.

Min 6/Max 14



What I love about Metabolic Blast is that there's always a variety of exercises for a
TOTAL BODY WORKOUT
and everyone is encouraged to
WORK AT THEIR PERSONAL LEVEL.

PROGRAM	AGES	DAY(S)/TIME	DATE(S)	LOCATION	INSTRUCTOR	# of CLASSES	ACTIVITY #	RES/NR
Butts & Guts	15+	Tu, 7:30-8pm	Apr 15 - May 20	Dole Center	Al Tischina	6	#225200-01	\$27/\$41
Butts & Guts	15+	Sa, 9:30-10am	Apr 19 - May 24	Dole Center	Al Tischina	6	#225200-02	\$27/\$41
Fit Fun AM	15+	M,W,F, 9-9:55am	Apr 14 - May 23	Dole Center	Janice Enloe	18	#225206-01	\$86/\$129
Fit Fun PM	15+	M & W, 6:15-7:10pm	Apr 14 - May 21	Dole Center	Al Tischina	12	#225206-02	\$62/\$93
Some Like it Light	15+	M & W, 6:15-7:10pm	Apr 7 - May 7	Stevenson Center	Judy Neumann	10	#225207-01	\$52/\$78
Some Like it Light	15+	M & W, 6:15-7:10pm	May 12 - Jun 16	Stevenson Center	Judy Neumann	10	#225207-02	\$52/\$78
Metabolic Blast	15+	W, 6:05-7am	Apr 16 - May 21	Dole Center	Janice Enloe	6	#225241-01	\$45/\$68
Get Fit 101	15+	M, 7:15-8:10pm	Apr 14 - May 19	Dole Center	Al Tischina	6	#225243-01	\$48/\$72
Boot Camp Madness	15+	Th, 7:30-8:25pm	Apr 17 - May 22	Dole Center	Al Tischina	6	#225245-01	\$48/\$72
6 Weeks to 5k	15+	Tu & Th, 6-6:55pm	Apr 15 - May 22	Dole Center	Janice Enloe	6	#225260-01	\$62/\$93
Nia	15+	M, 7-7:55pm	Apr 14 - May 19	Dole Center	Andrea Edwards	6	#225230-03	\$60/\$90
Nia	15+	W, 7-7:55pm	Apr 16 - May 21	Dole Center	Andrea Edwards	6	#225230-01	\$60/\$90
Nia	15+	Sa, 11-11:55am	Apr 19 - May 24	Dole Center	Pam Berk	6	#225230-02	\$60/\$90