



GET PHYSICAL

Jazzercise

Perfect for any fitness level, each class offers a blend of jazz dance and exercise science set to your favorite music! Easy-to-follow, fun choreography includes a gentle warm-up, a one-hour high-intensity aerobic workout, muscle toning, strengthening with weights and a stretch finale.

This class meets off campus. Please arrive 10 minutes early to the first day of class to allow time to fill out required paperwork. There are seven certified instructors with a combined 26-plus years experience. *Babysitting is free!* (8 or 9 meetings)

Dec. 1-29	M/W	5:40-6:40 p.m.	
Dec. 2-30	T/TH	5:40-6:40 p.m.	
Jan. 3-31	M/W	5:40-6:40 p.m.	
Jan. 4-27	T/TH	5:40-6:40 p.m.	
Feb. 1-24	T/TH	5:40-6:40 p.m.	
Feb. 2-28	M/W	5:40-6:40 p.m.	
March 1-31	T/TH	5:40-6:40 p.m.	
March 2-30	M/W	5:40-6:40 p.m.	Cost/\$29

Zumba

Zumba combines high-energy and motivating music with unique moves and combinations that allow participants to dance away their worries and get in shape. With a fusion of Latin and international tunes, Zumba combines the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Instructor: Doug Edwards is a certified Zumba instructor. (4 or 8 meetings)

Jan. 10 – Feb. 7*	M/W	12 - 12:45 p.m.	
Jan. 14 - March 4	FRI	12 - 12:45 p.m.	
Feb. 9 - March 9*	M/W	12 - 12:45 p.m.	Cost/\$25

*No class Jan. 17 or Feb. 21

Yoga

Yoga is designed to connect the mind and body. You will benefit from this class whether you are a new student learning the basics or you are more experienced. Class focuses on strength and balance movements designed to increase flexibility and reduce stress. The class is appropriate for all fitness levels. Wear comfortable clothing, bring a blanket or sweater for cool down portion of workout and don't forget to bring a yoga/Pilates mat to class. Instructor: Tawni Lay is a certified yoga instructor who has taught for more than three years. (8 meetings)

Jan. 10 – Feb. 7*	M/W	5:45-6:45 p.m.	
Feb. 9 - March 9*	M/W	5:45-6:45 p.m.	Cost/\$29

*No class Jan. 17 or Feb. 21

Water Fitness Training

Develop strength and flexibility while improving posture and body awareness in this aquatic fitness course. Class combines Pilates and yoga movements modified for the water. Included are

shallow water exercises, wall exercises and suspended flotation stretches. No swimming skills are necessary. Bring a towel and wear swimsuits and water shoes. Instructor: Kathleen McDonald is a certified Water Fitness instructor. (8 meetings)

Jan. 10 – Feb. 7*	M/W	6-7 p.m.	
Jan. 14 - March 4	FRI	11:45 a.m. - 12:45 p.m.	
Jan. 15 - March 5	SAT	10:30-11:30 a.m.	
Feb. 9 - March 9*	M/W	6-7 p.m.	Cost/\$29

*No class Jan. 17 or Feb. 21

Power Yoga

Power Yoga is built on intuition versus tradition, although many of the traditional yoga poses are utilized. This practice of yoga increases focus, strength, stamina and flexibility. It involves using the core muscles and developing an individual practice to inspire a level of fitness and inner beauty. Students can expect a *vinyasa* (process of uniting breath with movement) flow of poses to modern music and will develop an upbeat energy that will increase range of motion and define muscle tone while also achieving better posture and balance. Instructor: Attalie Santiago is a certified yoga instructor. (6 meetings)

Jan. 14 – Feb. 18	FRI	11:45 a.m. - 12:45 p.m.	Cost/\$25 (Cancelled)
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Core Strength & Conditioning

Develop your body uniformly and correct posture while toning muscles and gaining flexibility! This class is appropriate for all fitness levels and is similar to Pilates. Wear comfortable workout clothing and bring a yoga/Pilates mat and a towel. Instructor: Angela Reese has been involved in dance and fitness as a participant and instructor for more than 10 years. (8 meetings)

Jan. 14 - March 4	FRI	11:45 a.m. - 12:45 p.m.	Cost/\$29
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