

## GET PHYSICAL

### Private Lessons: Western Horseback Riding

This course is appropriate for all riding levels. Explore the equine mind and mannerisms while getting to know the horse you will be partnered with during the class. You will learn the required nutrition, safety and general care needed to keep horses happy and healthy. Students will also learn about equipment (tack), its uses and how to place it on the horse comfortably and safely. From mounting and obtaining balance to riding in three different gates (walk, trot, and lope), you'll gain all the experience needed to make riding a safe and fun hobby. Call to arrange one or six lessons. **This class meets off campus.** Amber Stewart is an award-winning rider with over 10 years of horse training and 26 years of riding experience. (1 or 6 meetings)

One meeting (one hour)/\$33

Six meetings (one hour)/\$176

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

Jan 4-27 M/W 5:40-6:40 pm (CANCELLED)

Jan 5-28 T/TH 5:40-6:40 pm

Feb 1-24 M/W 5:40-6:40 pm (CANCELLED)

Feb 2-25 T/TH 5:40-6:40 pm

Mar 1-31 M/W 5:40-6:40 pm

Mar 2-20 T/TH 5:40-6:40 pm Cost/\$26

### Aerobic Exercise

Get your heart pumping in a fitness class that combines cardio aerobics, kickboxing and muscle toning. Wear comfortable workout clothing and aerobic sneakers or cross trainers. Sports bras are recommended for women. Shirley Williams is certified through the International Fitness Association and has been teaching for 20 years. (8 meetings)

Jan 11-Feb 8\* M/W 5:45-6:45 pm

Feb 10-Mar 10 M/W 5:45-6:45 pm Cost/\$26

\*No class Jan 18 & Feb 15

### 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 will focus on strength and balance movements designed to increase flexibility and reduce stress. This 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. Tawni Lay is a certified yoga instructor who has taught for over three years. (6 or 8 meetings)

Jan 12-Feb 4 T/TH 5:45-6:45 pm

Feb 16-Mar 11 T/TH 5:45-6:45 pm Cost/\$26

Jan 15-Feb 19 FRI 11:45 am-12:45 pm

Mar 5-Apr 16\* FRI 11:45 am-12:45 pm Cost/\$19

No class Mar 19

### Leslie Sansone's Walk Live Program

New

If you can walk, you can get in great shape! Learn indoor walking techniques established and proven through years of Leslie Sansone's Walk at Home programs. The best part of this style of walking is that it can be followed in a gentle way for those just getting started, or it can be boosted to a challenging level. Wear athletic shoes and comfortable workout clothing that can be layered. Donna Jones is a certified Walk Live leader. (8 meetings)

Jan 13-Feb 5	W/F	5:45-6:45 pm	
Feb 17-Mar 12	W/F	5:45-6:45 pm	Cost/\$26

### **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. Angela Reese has been involved in dance and fitness as a participant and instructor for over 10 years. (8 meetings)

Jan 15-Mar 5	FRI	11:45 am-12:45 pm	Cost/\$26
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### **Water Fitness Training**

Develop strength and flexibility while improving posture and body awareness in this aquatic fitness course. Class combines Pilates and Yoga movements that have been 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. Kathleen McDonald is a certified Water Fitness Instructor. (8 meetings)

Jan 15-Mar 5	FRI	11:45 am-12:45 pm	
Jan 16-Mar 6	SAT	10:30-11:30 am	Cost/\$26

### **Indoor Cycling**

A motivating group setting, energizing music and inspiring instructors make an indoor cycling class an incredible experience. Participants ride their bikes at levels of varying intensity at their own pace, visualizing flat roads and hills to valleys. Like other aerobics programs, indoor cycling is great for burning calories and promoting cardiovascular fitness. Unlike aerobics, it is a low-impact activity that is easier on the joints. Comfortable workout attire is all you need to get started: shorts or padded cycling shorts; t-shirt, tank top, full-coverage sports bra top or moisture-wick top; comfortable socks and shoes that allow movement. Bring a water bottle and towel. A heart rate monitor is optional. Doug Edwards is a certified cycling instructor with over two years of teaching experience and 5 years of cycling experience. (6 meetings)

Jan 15-Feb 19	FRI	11:45 am-12:45 pm	
Feb 26-Apr 9*	FRI	11:45 am-12:45 pm	Cost/\$23

\*No class Mar 19

### **Western Horseback Riding (CANCELLED)**

This course is appropriate for all riding levels. Explore the equine mind and mannerisms while getting to know the horse you will be partnered with during the class. You will learn the required nutrition, safety and general care needed to keep horses happy and healthy. Students will also learn about required (tack), its uses and how to place it on the horse comfortably and safely. From mounting and obtaining balance to riding in three different gates (walk, trot, and lope), you'll gain all the experience needed to make riding a safe and fun hobby. **This class meets off campus.** You must arrive at the stables at least 15 minutes before the scheduled class. Victor Wiggins has been riding and working with horses since he was 11 years old. Amber Stewart (see Private Horseback Riding). (6 meetings)

Jan 16-Feb 20	SAT	8-9 am	
Jan 16-Feb 20	SAT	noon-1:30 pm	Cost/\$86

**Tennis: Organized Play & Drills**

Players will drill for the first 30 minutes and play for one hour. Class will emphasize serving, ground strokes and volleys. Players will be matched up in single and double plays. Charles Wilson is a tennis nut with over 20 years of experience playing tennis! (5 meetings)

Feb 1-Mar 8\*            MON            6-7:30 pm (CANCELLED)            Cost/\$26

\*No class Feb 15