

Fitness & Wellness

Racquet, Fitness & Gymnastics Center Fitness Classes

Winter Session - January 16 - April 7 • Spring Session - April 9 - June 30

Fee \$61/\$88 NR – 12 WEEKS OF CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butts & Guts Busters	6:15 - 7 am #8406/#8416		6:15 - 7 am #8407/#8417		6:15 - 7 am #8408/#8418	9:30 - 10:15 am #8409/#8419
Sphere O Sculpt		6:15 - 7 am #8411/#8421		6:15 - 7 am #8412/#8422		8:45 - 9:30 am #8413/#8423
Sphere O Sculpt				7 - 7:45 pm #2494/#2495	<p><i>Do you want the flexibility of going to any class that will fit in your schedule for that day? Punch card program enables you to try any class at the Racquet Center offers in our Fitness Program. Punch Card can be purchased at the front desk at the Racquet, Fitness & Gymnastics Center.</i></p>	
Zumba	6:45 - 7:30pm #8415/#8425		<p>Fitness Punch Card Program Residents- \$60/10 punches Non-Residents- \$80/10 punches</p>			
Turbo Kick®		7 - 7:45 pm #8426/#8427				

Butts & Guts Busters (ages 14 & up)

Start your day off right with our most popular class! This workout will focus on toning your abs, hips, thighs and butt. Please bring a mat to class. (dw)

Instructor: Mary Rankin, Jenny Dawson

Sphere O Sculpt

Sphere O Sculpt is a unique fitness class created by our instructor Mary Rankin and her company "Fit Your World". It combines cardio exercise with total body conditioning so you maximize your workout. The aerobic workout takes your heart rate into the fat burning zone while taking inches off of your waist, back, abs, legs & arms. The class uses simple to follow moves & can be easily modified to accommodate any fitness level. The class uses a small weighted ball. (dw)

Instructor: Mary Rankin

Zumba

Zumba combines high energy & motivating music with unique moves & combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "fun & easy to do" allowing participants to stick to the fitness program & achieve long term health benefits. Zumba is a "feel happy" workout that is great for both body & the mind. (dw)

Instructor: Kate Siriani

Turbo Kick®

This hot new class created by Powder Blue Productions is an energetic, dance style kickboxing. Dance and kick to the hottest new fitness music on the market for 30 minutes, then change the pace with 15 minutes of resistance training with weighted bars and balls. Take this class in combination with our new PiYo™ class to get a well-rounded weekly workout. (dw)

Instructor: Mary Rankin

Cardio Tennis

Come out to get a great cardio workout through the sport of tennis. Get introduced or re-introduced to the game, demo racquets and meet other players all while burning calories! The goal is not primarily to improve tennis skills but rather participants will use the basic movements involved in the sport to obtain a cardiovascular workout. Program runs October 8 - April 28.

Day/Times: Saturdays 8-9am

Daily Fee: \$10 Walk-On

Edamame Dip

Recipe courtesy Alton Brown, 2008

Ingredients

12 ounces shelled, cooked, and cooled edamame, about 2 cups, recipe follows
 1/4 cup diced onion
 1/2 cup tightly packed fresh cilantro or parsley leaves
 1 large garlic clove, sliced
 1/4 cup freshly squeezed lime or lemon juice
 1 tablespoon brown miso
 1 teaspoon kosher salt
 1 teaspoon red chili paste
 1/4 teaspoon freshly ground black pepper
 5 tablespoons olive oil

Directions

Place the edamame, onion, cilantro, garlic, lime juice, miso, salt, chili paste and pepper into the bowl of a food processor and process for 15 seconds. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds. With the processor running, slowly drizzle in the olive oil. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds. Taste and adjust seasoning, as desired. Serve with chips or crackers. Store in an airtight container for up to 5 days.

Basic Edamame:

1 pound edamame, fresh or frozen, in or out of shell
 1/4 cup water
 Kosher salt, optional
 Place the edamame and water into a large microwave-safe bowl. Microwave on high for 4 to 6 minutes. Drain any excess water and serve as is or salted.
 Yield: 4 servings

Fitness & Wellness

Community Pavilion Fitness Classes

Please register early! Registration deadline is one week before class starts. Classes will be cancelled if the minimums are not met.

PDNA ON ALL PAVILION FITNESS CLASSES. Please bring your own mat to class. No Class on Sunday April 8 (Easter Sunday) or Monday, May 28 (Memorial Day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day Classes	Gentle Yoga 7-7:55		Gentle Yoga 7-7:55	Flirty Girl Fitness 7-7:55	Gentle Yoga 7-7:55	
	No Jump Aerobics 9:00-10:00	Seniorcise 8:30-9:30	Core Power 8:00-8:45	Seniorcise 8:30-9:30	Toned & Strong 9:00-9:40	Latin Fitness Fusion 8:00-8:55
	Yoga Fitness 10:00-11:00	Yoga Belly Flow 10:00-10:55		Ab sculpt 10:00-10:55	Yoga Fitness 10:00-11:00	PiYo 9:00-9:55
Zumba 11:00-11:55	Ab Blast 11:00-11:25	Zumba 11:30-12:30	Yoga Fitness 10:00-11:00	Zumba 12:30-1:30	Ab Blast 11:00-11:25	Boot Camp 10:00-10:55
Sunday Yoga with a Kick 12:00-12:55	Monday Boot Camp 11:30-12:25		Ab Blast 11:00-11:25	Zumba Gold 12:45-1:45	Interval Mix 11:30-12:25	Marathon Prep Training 11:00-11:55
			Total Body Workout 11:30-12:25			Hip Hop Fitness 11:00-11:55
Evening Classes						
	Zumba Mega Abs 4:00-4:55	Flirty Girl Fitness 5:00-5:55	Zumba Mega Abs 4:00-4:55	Cardio Kick 6:00-6:55		
	Fitness Fusion 5:00-5:55	Cardio Kick Boxing 6:00-6:55	Fitness Fusion 5:00-5:55	Zumba 7:00-7:55		
	Yoga Breeze Express 6:00-6:30	Belly Dance Fitness 7:00-7:55	Yoga Breeze Express 6:00-6:30	Yoga Fitness 8:00-8:55		
	Interval Mix 6:30-7:25	Yoga Belly Flow 8:00-8:55	Interval Mix 6:30-7:25	Drumming For Fitness 9:00-9:55		
	Aerobics for Health & Fit 7:30-8:25	Belly Piyo 9:00-9:55	Aerobics for Health & Fit 7:30-8:25			
	Total Body 8:45-9:45		Total Body 8:45-9:45			

Hula Hooping For Fitness (age 12 & up)

This class is designed for beginners. Hoop dancing can burn up to 600 calories per hour; builds a strong healthy core, and provides a cardiovascular workout. You will not only learn how to keep you hoop spinning while you move and groove, but also very basic moves and tricks; on and off the body. Adult-sized weighted, fitness hoops will be provided. (mc)

Location: Community Pavilion

Instructor: Liz Oehman

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8877	Sat	1/21	3-5pm	\$65/\$89
#8879	Sat	3/24	3-5pm	\$65/\$89
#8884	Sat	5/19	3-5pm	\$65/\$89

Foam Roller- Workshop (ages 16 & up)

Is your fascia too tight? Do you experience muscle cramps, knots, trigger points, saddle bags, mobility restrictions, muscle and tendon tears, chronic pain or fatigue? Doctor can't explain away the pain? Then you may be suffering from tight myofascial tissue. Using the foam roller and therapy ball you'll release this tissue and improve your flexibility, athletic performance, strength and accelerate recovery time. Dress for activity on the floor. Bring yoga mat. Class taught by a certified personal trainer.

Location: Community Pavilion

Instructor: Loni Alwin

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8893	Sat	2/11	3-4:30pm	\$75/\$95
#8894	Sat	5/19	3-4:30pm	\$75/\$95

Aerobics For Health and Fitness (age 16 & up)

Feel better about yourself and manage your stress. This class combines rhythmic aerobic exercise with stretching and strength training routines. You will burn fat with the goal of improving flexibility, muscular strength and cardiovascular fitness while preventing illness. (mc)

Location: Community Pavilion

Instructor: Rhonda Allan/Crystal Neal/Jenny Dawson

Max/Min: 20/8

Class#	Day	Dates	Time
#8824	Mon	1/2-3/19	7:30-8:25pm
#8825	Wed	1/4-3/21	7:30-8:25pm
<i>Make-up classes: Mar. 26 & 28</i>			
#8826	Mon	4/2-6/18	7:30-8:30pm
#8827	Wed	4/6-6/22	7:30-8:30pm

Make-up classes: June 25 & 27

Fee: 1 Day: \$60/\$80(nr)

2 Days: \$90/\$100(nr)

Important Information

- Fitness classes will not be held on holidays.
- Please bring your own mat to class.
- Babysitting services are offered at both the Community Pavilion and the Oak View Center.

Fitness & Wellness

Fitness Fusion (age 16 & up)

For a UNIQUE and a COMPLETE workout, here is a class format that combines Zumba® with Belly Dance Fitness. It's a great cardiovascular and fat burning workout (500 to 800 calories per hr.) with a large emphasis on fitness for maximum fat burn and is easier to learn than a traditional dance class. The Total-Body aerobic exercise is EASY to do, FUN, graceful sensuous with genuine heart-rate-raising movements. This builds stamina, burns stored fat/calories, tones, beautifies, and increases positive self-image. ****Optional**** Hip scarves may be worn over normal workout clothing. A hip scarf may be purchased on your own or can be ordered by the instructor, but is not required. Just bring a water bottle and your smile and get ready to move your hips and sweat to the exciting, upbeat, and motivating sound of Latin, Brazilian, Ethnic, Techno and Middle Eastern music.(mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 30/8

Class#	Day	Dates	Time
#8832	Mon	1/2-3/19	5-5:55pm
#8834	Wed	1/4-3/21	5-5:55pm

Make-up Classes: Mar. 26 & 28

#8835	Mon	4/2-6/18	5-5:55pm
#8822	Wed	4/4-6/20	5-5:55pm

Make-up Classes: June 27 & 29

Fee: 1 Day: \$60/\$80(nr)

2 Days: \$90/\$100(nr)

Cardio Kickboxing (age 16 & up)

This class is designed for the newer kick boxer, combines aerobics, boxing and martial arts in an intense, total-body workout. You will improve strength, cardiovascular fitness, flexibility, coordination and balance while burning up to 800 calories during a one-hour class. (mc)

Location: Community Pavilion

Instructor: Janine Velcich/Karri Weber

Max/Min: 30/8

Class#	Day	Dates	Time
#8852	Tues	1/3-3/20	6:00-6:55pm
#8853	Thurs	1/5-3/22	6:00-6:55pm

Make-up Classes: Mar. 27 & 29

#8854	Tues	4/3-6/19	6:00-6:55pm
#8855	Thurs	4/5-6/21	6:00-6:55pm

Make-up Classes: June 26 & 28

Fees: 1 Day: \$60/\$80(nr)

2 Days: \$90/\$100(nr)

Total Body Workout (age 16 & up)

Get ready to pump up the weights and sweat off the rest! This class combines cardiovascular kickboxing with weight training to really shape and tone your body. (mc)

Location: Community Pavilion

Instructor: Jenny Dawson/Crystal Neal

Max/Min: 20/8

Class#	Day	Dates	Time	Instructor
#8845	Mon	1/2-3/19	8:45-9:45pm	J. Dawson
#8856	Wed	1/4-3/21	11:30am-12:25pm	C. Neal
#8847	Wed	1/4-3/21	8:45-9:45pm	J. Dawson

Make-up Classes: Mar. 28 & 30

#8849	Mon	4/2-6/18	8:45-9:45pm	J. Dawson
#8851	Wed	4/4-6/20	11:30am-12:25pm	C. Neal
#8850	Wed	4/4-6/20	8:45-9:45pm	J. Dawson

Make-up Classes: June 27 & 29

Fees: 1 Day: \$60/\$80(nr)

2 Days: \$90/\$100(nr)

Yoga Fitness (age 18 & up)

Treat and challenge yourself to the yoga experience. Let the yoga mind and body connection of deep stretching exercise bring the harmony of fitness and wellness to your life. Enhance your energy as these fun stretches bring flexibility, muscle strength, and great posture. Create serene peaceful relaxation with yoga breathing and imagery. (mc)

Location: Community Pavilion

Instructor: Karri Weber

Max/Min: 25/15

Class#	Day	Dates	Time
#7049	Mon	1/2-3/19	10-11am
#6605	Wed	1/4-3/21	10-11am
#7043	Thurs	1/5-3/22	8:00-8:55pm
#7042	Fri	1/6-3/23	9:45-10:40am

Make-up: Mar 26, 28, 29 & 30

#1220	Mon	4/2-6/18	10-11am
#1216	Wed	4/4-6/20	10-11am
#1201	Thurs	4/5-6/21	8:00-8:55pm
#1199	Fri	4/6-6/22	9:45-10:40am

Fee: 1 Day: \$66/\$86(nr)

2 Days: \$90/\$100(nr)

3 Days: \$120/\$130(nr)

4 Days: \$150/\$160(nr)

Interval Mix (Formerly Body Pump Mix) (age 16 & up)

Highly effective body shaping routine using cardio internals, mixed with muscle toning, using free weights and body resistance exercises to build lean muscle mass. Guaranteed you will not be bored! This is a program you can take with you. (mc)

Location: Community Pavilion

Instructor: Pam Kundrotas/Crystal Neal

Max/Min: 20/8

Class#	Day	Dates	Time
#8860	Mon	1/2-3/19	6:30-7:25pm
#8861	Wed	1/4-3/21	6:30-7:25pm
#8864	Fri	1/6-3/23	11:30am-12:25pm

Make-up Classes: Mar. 26, 28 & 30

#8862	Mon	4/2-6/18	6:30-7:30pm
#8863	Wed	4/4-6/20	6:30-7:30pm
#8865	Fri	4/6-6/22	11:30am-12:25pm

Make-up Classes: June 25, 27 & 29

Fee: 1 Day: \$59/\$85(nr)

2 Days: \$95/\$115(nr)

Absculpt (ages 16 & up)

Are you ready to tighten up your tummy? We will work the large and small muscle groups and even target those hard to tone areas. Absculpt will include 30 minutes of sculpting using hand weights and bands. If you want a great workout, give Absculpt a try. You'll feel great afterwards. (mc)

Location: Community Pavilion

Instructor: Jenny Dawson

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8839	Thurs	1/5-3/22	10-10:55am	\$76/\$96
#6621	Thurs	4/5-6/21	10-10:55am	\$76/\$96

Make-up class: June 28

Fitness & Wellness

Sunday Yoga With A Kick (age 16 & up)

In this class you will increase flexibility, improve posture and tone your upper and lower body by using your own body weight. You will also sculpt your abdominal muscles while strengthening your back muscles and Pilate moves that also tone your legs and glutes. This class unites body and mind and creates a more streamlined shape! Please bring your own yoga mat. (mc)

Location: Community Pavilion

Instructor: Rhonda Allen

Max/Min: 15/8

Class#	Day	Dates	Time	Res/NR
#1651	Sun	1/8-3/25	12:00-12:55pm	\$76/\$96
#1652	Sun	4/1-6/24	12:00-12:55pm	\$76/\$96

PIYO (age 16 & up)

This class is a blend of Pilates and Yoga. You will strengthen core muscles, improve balance and increase flexibility and endurance. Challenge your current fitness level while relaxing your mind and leaves you energized and refreshed. (mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#6598	Sat	1/7-3/24	9-9:55am	\$70/\$90
#6599	Sat	4/7-6/23	9-9:55am	\$70/\$90

Make-up: March 31

Make-up: June 30

Boot Camp (age 16 & up)

Be prepared to use military style training for the best body ever. This class is not for the weak. Jump, squat, run, press, lift, and sweat your way to a new shape. Advanced moves and techniques to test your skills and develop new muscle. Brides-to-be enroll your whole bridal party as a group-motivating tactic. Grooms and ushers – join the ladies or you won't be able to keep up. This class is for all fitness levels. (mc)

Location: Community Pavilion

Instructor: Pam Kundrotas

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8896	Sat	1/7-3/24	10:00-10:55am	\$75/\$95
#8897	Sat	4/7-6/23	10:00-10:55am	\$75/\$95

Make-up class: March 31

Make-up class: June 30

Marathon Prep (age 16 & up)

You know you thought about it, but didn't know how to start training or how to improve your time. Taught by an experienced marathoners you will get tips on training, nutrition, and the do's and don'ts. Class will include running indoors and outdoors, strength/core work. This class is open to new or experienced runners/power walkers. Find out how you can go the distance! (mc)

Location: Community Pavilion

Instructor: Pam Kundrotas

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8876	Sat	1/7-3/24	11:00-11:55am	\$70/\$90
#8875	Sat	4/7-6/23	11:00-11:55am	\$70/\$90

Make-up class: March 31

Zumba (age 16 & up)

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. (mc)

Location: Community Pavilion

Max/Min: 20/8

Instructor: Rhonda Allan

Class#	Day	Dates	Time
#8895	Sun	1/2-3/18	11-11:55am
#6616	Tues	1/3-3/20	10:30-11:25am
#6617	Thurs	1/6-3/24	12:30-1:30pm
#6531	Thurs	1/6-3/24	7-7:55pm

Make-up class: Mar. 27,29 & 31

#6596	Sun	4/3-6/19	11am-12pm
#6618	Tues	4/5-6/21	12:30-1:30pm
#6619	Thurs	4/7-6/23	12:30-1:30pm
#6597	Thurs	4/7-6/23	7-7:55pm

Make-up class: June 26, 28 & 30

Fees: 1 Day: \$59/\$85

2 Days: \$95/\$115

3 Days: \$119/\$135

Flirty Girl Fitness® (age 16 & up)

"Unleash your inner Diva with Flirty Girl Fitness®. Flirty girls are happier, healthier, empowered women. When flirty, fabulous dance meets choreography with a strength-driven purpose, the result is a FUN, effective way to condition the entire body inside and out! Created for women by women, we work the entire body targeting specific muscle groups while maintaining fun, non-stop cardio dance moves. Props used will be scarves, hats, canes, hand fans, exercise mats, hand weights. Each class will have a theme. Additional props may be purchased through instructor.

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 25/8

Class#	Day	Dates	Time	Res/NR
#8817	Tue	1/3-3/20	5-5:55pm	\$70/\$90
#8819	Thu	1/5-3/22	7-7:55am	\$70/\$90
#2989	Tue	4/3-6/19	5-5:55pm	\$70/\$90
#2990	Thu	4/5-6/21	7-7:55am	\$70/\$90

Community Pavilion Babysitting

Anyone using the Pavilion may use our services. Patrons must be using the facility to use the nursery. We welcome infants - 6 years. A maximum of 30 children are allowed at one time. A reservation system may be implemented if necessary. The Pavilion reserves the right to temporarily close the nursery as deemed necessary for other program(s) usage.

Hours: Monday-Saturday: 9 a.m.–Noon

Monday–Friday 5:30–8:30 pm

Rates: \$4/Hour/Res/Members

\$4.50/Hour/Non-Res

Punch passes are available at a reduced rate.

Fitness & Wellness

Belly Piyo (Age 16 & up)

This unique class combines Pilates, Yoga and Belly Dance. This class will completely tone, firm, strengthen the mind, body and soul collectively. Swan dive, balance, hip lift, isolate muscles in the heart centers, abdomen, hips, shimmys yoga asanas, core work, deep stretches and breaths. Live with movement and breath and have fun doing it! Bring a yoga mat, belly dance scarf optional. (mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 20/8

Class#	Day	Dates	Time	Res/NR
#8828	Tue	1/3-3/20	9:00-9:55pm	\$76/\$96
#2991	Tue	4/3-6/19	9:00-9:55pm	\$76/\$96

Core Power (age 16 & up)

This class combines cardio & strength while training the center core for better control to make your workouts more effective! The stability ball will be used for balance and resistance to firm the entire body with extra focus on the mid-section. (mc)

Location: Community Pavilion

Instructor: Ann Kalch

Max/Min: 25/8

Class#	Day	Dates	Time	Res/NR
#1658	Wed	1/4-3/21	8-8:45am	\$50/\$66
#1659	Wed	4/4-6/20	8-8:45am	\$50/\$66

Zumba Fitness and Mega Abs (age 16 & up)

This dance fitness class will take you over the next level with abdominal (tummy) training. Latin Cardio fitness dances to Samba, Meringue, Regitone, Cumbia, Flamenco. We will incorporate mega ab training with and without weights. This class will reduce your waistline, overall body fat and increase overall muscle tone. Please bring an exercise mat. (mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 20/8

Class#	Day	Dates	Time
#8878	Mon	1/2-3/19	4-4:55pm
#6542	Wed	1/4-3/21	4-4:55pm
#1237	Mon	4/2-6/18	4-4:55pm
#1245	Wed	4/4-6/20	4-4:55pm

Fees: 1 Day: \$60/\$80(nr)
2 Days: \$90/\$100(nr)

Monday Boot Camp (ages 16 & up)

Start your week off on the right foot! Get energized for the week ahead. If you want to change the look your body this class is for you! Improve your strength & endurance while working out in a fun environment, great music & motivating instructor. You'll walk in to something different every class to keep challenging you week after week. (mc)

Location: Community Pavilion

Instructor: Crystal Neal

Max/Min: 40/8

Class#	Day	Dates	Time	Res/NR
#8843	Mon	1/2-3/19	11:30-12:25pm	\$50/\$66
#8844	Mon	4/2-6/18	11:30-12:25pm	\$50/\$66

Ab Blast (ages 14 & up)

Do you always make excuses that you don't have a lot of time to take classes or exercise? Whether you're looking for six-pack abs or a stronger, leaner core, this 25-minute class is for you! All fitness levels welcome. Please bring your own mat. (mc)

Location: Community Pavilion

Instructor: Pam Kundrotas/Karri Weber

Max/Min: 20/8

Class#	Day	Dates	Time
#1246	Mon	1/2-3/19	11-11:25AM
#1247	Wed	1/4-3/21	11-11:25am
#3006	Fri	1/6-3/23	11-11:25am
#8848	Mon	4/2-6/18	11-11:25am
#8846	Wed	4/4-6/20	11-11:25am
#8842	Fri	4/6-6/22	11-11:25am

Fee: 1 Day: \$30/\$50(nr)
2 Days: \$46/\$80(nr)
3 Days: \$76/\$100(nr)

Seniorcise

This is the perfect class for individuals 55 and older. You will enhance flexibility, strength; improve cardiovascular endurance, coordination and balance. There will also be muscle toning using lightweights. Exercises will be modified for those who would like it! (13 weeks) PDNA (mc)

Location: Community Pavilion

Instructor: Crystal Neal

Max/Min: 30/12

Class#	Day	Dates	Time	Res/NR
#6550	T&Th	1/3-3/29	8:30-9:30 am	\$45/\$59
#3023	T&Th	4/3-6/28	8:30-9:30am	\$45/\$59

Belly Dance Fitness (age 16 and up)

A complete cardio and fat burning fitness/dance workout that will have you shimmying and shaking. Belly dance is derived from traditional dances of the Middle East and North Africa. This class fuses several styles and rhythms, to create feminine movements that make a beautiful and fun fit-dance that is enjoyable for everyone. Focusing on muscle control, aerobic fitness, sensuous styles, balance and strength, belly dance can be a fun way to build self-confidence through self-expression in an art form that embraces all body types! Athletic dance shoes or ballet-dance shoes may be worn. Optional belly dancing coined hip scarves may be worn over comfortable fitness clothing. (mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 40/8

Class#	Day	Dates	Time	Res/NR
#8875	Tue	1/3-3/20	7:00-7:55pm	\$60/\$80
#8876	Tue	4/3-6/19	7:00-7:55pm	\$60/\$80

Fitness & Wellness

Toned & Strong (ages 16 & up)

Become Stronger and leaner than ever by challenging your muscles, core stability and balance with hand weights, fitness tubes, balls and Pilate training. A fun co-ed class! Please bring your own mat to class. (mc)

Location: Community Pavilion

Instructor: Karri Weber

Max/Min: 25/8

Class#	Day	Dates	Time	Res/NR
#8820	Fri	1/6-3/23	9-9:40am	\$45/\$65
#8823	Fri	4/6-6/22	9-9:40am	\$45/\$65

Drumming for Fitness (ages 16 & up)

Do you drum on the table to the beat of the music? Drumming and fitness? Drumming for exercise is a revolution that gets your heart pumping without punishing your body. Using drumsticks, you'll beat on a stability ball to music rhythms incorporating leg patterns, toning arms, upper body and core. It's fun, exhilarating, stress-releasing and so different from the typical fitness class. (mc)

Location: Community Pavilion

Instructor: Janine Velcich

Max/Min: 25/8

Class#	Day	Dates	Time	Res/NR
#6556	Thurs	1/5-3/22	9-10pm	\$60/\$80
#8876	Thurs	4/5-6/21	9-10pm	\$60/\$80

No Jump Aerobics (age 16 & up)

If you find other exercise classes too difficult, too fast, or too intimidating, try No-Jump Aerobics. Bad back? Bad knees? This class is for you! Emphasis is on injury prevention. (mc)

Location: Community Pavilion

Instructor: Karri Weber

Max/Min: 25/8

Class#	Day	Dates	Time	Res/NR
#8818	Mon	1/2-3/19	9-10am	\$49/\$69
<i>Make-up classes: Mar. 26, 28, 30</i>				
#8821	Mon	4/2-6/18	9-10am	\$49/\$69

Make-up classes: June 27, 29 and July 1

Fitness & Wellness

Oak View Center Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes						
	Cardio Sculpt 8:30-9:30am		Smart Strength 8:30-9:30am		Cardio Sculpt 8:30-9:30am	
	Slimnastics 9-10am	Seniorcise 10-11am	AM Yoga 9-10am	Seniorcise 10-11am	AM Yoga 9-10am	
			Slimnastics 9-10am		Slimnastics 9-10am	
Tai Chi & QiGong 11:30am-12:30pm	AM Pilates & Yoga 9:35-10:35am		AM Pilates & Yoga 9:35-10:35am		Smart Strength 9:35-10:35am	
			Senior Yoga 10:15-11:15am		Senior Yoga 10:15-11:15am	
PM Classes						
					Tai Chi, Pilates & Yoga in a Chair 3-4pm	
		Total Body Workout 3:45-5pm			Senior Dance & Weight Training 4-5pm	
		Zumba, Kickboxing, Hip Hop & Abdominals 5-6pm			Total Body Workout 5-6pm	
	Fitness for Beginners 6:30-7:30pm	Yoga for Weight Loss 6-7pm	Fitness for Beginners 6:30-7:30pm	Fitness for Beginners 6:30-7:30pm	Yoga for Weight Loss 6-7pm	
		Pilates 7-8pm	Yoga Fitness 6:45-7:30pm			
			Yoga Fitness 7:45-8:45m			

Sign up for two or more of Oak View Fitness classes and you will receive \$5 off each class!
(Excluding Senior Yoga & Seniorcise Classes because they are already discounted.)
Get Fit with Sue McGovern

Oak View Center Babysitting (ages 1 – 6)

Babysitting is available for participants enrolled in morning fitness programs. You have to pay a daily fee at the Oak View registration desk.

Days: M W F – 8:30am – 10:35am

Daily Fee: \$3/Hour/Res, \$3.50/Hour/Non-Res, \$1 additional child

A.M. Pilates & Yoga (age 16 & up)

This is a combination class of both Pilates and Yoga designed to bring the best of both exercise programs together for both beginner to advanced levels. Build core strength through traditional floor exercises that strive to create the lean long muscles that Pilates is known for. At the same time, develop better flexibility, challenge your balance and build strength through yoga poses. Bring a yoga mat. (LD) PDNA

Max/Min: 24/12

Instructor: Sue McGovern, Ace Certified Personal Trainer

Location: Oak View Center

Class#	Day	Dates	Time	Res/NR
#7205-3	Mon	1/2-3/19	9:35 - 10:35am	\$69/\$79
#7208-3	Wed	1/4-3/21	9:35 - 10:35am	\$69/\$79
#7205-4	Mon	4/2-6/4	9:35 - 10:35am	\$59/\$69
#7208-4	Wed	4/4-6/6	9:35 - 10:35am	\$59/\$69

Fitness for Beginners (age 15 & up)

This class is designed to work on each part of the body. No-impact aerobics will be the focus, which will help burn off excess body fat. PDNA (Id)

Location: Oak View Center

Instructor: Judy Bol

Max/Min: 30/7

Class#	Day	Dates	Time	Res/NR
#7210-3	Mon	1/2-3/19	6:30 – 7:30pm	\$45/\$55
#7211-3	Wed	1/4-3/21	6:30 – 7:30pm	\$45/\$55
#7212-3	Thurs	1/5-3/22	6:30 – 7:30pm	\$45/\$55
#7210-4	Mon	4/2-6/4	6:30 – 7:30pm	\$36/\$46
#7211-4	Wed	4/4-6/6	6:30 – 7:30pm	\$36/\$46
#7212-4	Thurs	4/5-6/7	6:30 – 7:30pm	\$36/\$46

Seniorcise (age 60 & up)

Join us and meet new friends while you get in shape and have fun. Get going and get fit for life! PDNA (Id)

Location: Oak View Center

Instructor: Crystal Neal

Max/Min: 50/20

Class#	Day	Dates	Time	Res/NR
#7245-3	T & Th	1/3-3/22	10-11am	\$59/\$69
#7245-4	T & Th	4/3-6/7	10-11am	\$49/\$59

*Mini Session – non-residents can register beginning November 14th for these classes.

Fitness & Wellness

Cardio Sculpt (age 16 & up)

Improve your cardio fitness through challenging intervals of aerobics, step aerobics, kickboxing and boot camp drills. Increase muscle strength through progressive resistance exercises using weights, resistance bands and discs. This class will focus on "muscle confusion" by consistently challenging the body through a series of varied exercises. You are guaranteed to sweat, burn loads of calories and reshape your body no matter what your fitness level..(ld) PDNA

Max/Min: 24/12

Instructor: Sue McGovern, Ace Certified Personal Trainer

Location: Oak View Center

Class#	Day	Dates	Time	Res/NR
#7203-3	Mon	1/2-3/19	8:30 - 9:30am	\$69/\$79
#7207-3	Fri	1/6-3/23	8:30 - 9:30am	\$69/\$79
#7203-4	Mon	4/2-6/4	8:30 - 9:30am	\$59/\$69
#7207-4	Fri	4/6-6/8	8:30 - 9:30am	\$59/\$69

Smart Strength (age 16 & up)

Studies prove the benefits of strength training. You will build both muscle strength and muscle endurance in this class. Consider your self new to strength training? Have you failed to see results from past programs? This class is designed to define and shape all the major muscle groups by using functional exercises, weights and resistance tubing for both beginner and advanced levels.(LD) PDNA

Max/Min: 24/12

Instructor: Sue McGovern, Ace Certified Personal Trainer

Location: Oak View Center

Class#	Day	Dates	Time	Res/NR
#7206-3	Wed	1/4-3/21	8:30 - 9:30am	\$69/\$79
#7207-3	Fri	1/6-3/23	9:35-10:35am	\$69/\$79
#7206-4	Wed	4/4-6/6	8:30 - 9:30am	\$59/\$69
#7207-4	Fri	4/6-6/8	9:35-10:35am	\$59/\$69

Zumba, Kickboxing, Hip Hop, And Abdominals (ages 12 & up)

(Merenge, Cha Cha, Samba, Cumbia, Belly Dancing, Country, Flamingo, Tango) These are some of the dances we do in Zumba, but we will also do Kickboxing combinations of punching and kicking and Modern Dance (Hip Hop). So if you are interested in burning about 1,000 calories in this 1 hour workout and getting your stomach flat, this class is designed for you. This is a fun and energetic class that will introduce you to modern dancing and basic self-defense combinations to enlighten your mind and your body. Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/24

Class#	Day	Dates	Time	Res/NR
#7269-2	Tues	11/15-12/20	5-6pm	\$35/\$45
#7269-3	Tues	1/3-3/20	5-6pm	\$65/\$75
#7269-4	Tues	4/3-6/5	5-6pm	\$55/\$65

Sign up for two or more of Oak View Fitness classes and you will receive \$5 off each class

Excluding Senior Yoga & Seniorcise Classes because they are already discounted.

Mini Session

Non-residents can register beginning November 14th for the mini sessions.

Register early to prevent class cancellations!

Slimnastics (age 18 & up)

Learn the components of a good and safe workout. You will burn fat, become more flexible and strengthen your bones. PDNA (ld)

Location: Oak View Center

Instructor: Madge Chisholm (M&W)/ Judy Bol (F)

Max/Min: 50/19

Class#	Day	Dates	Time	Res/NR
#7092-2	Mon	11/21-12/19	9-10am	\$20/\$30
#7093-2	Wed	11/23-12/21	9-10am	\$20/\$30
#7094-2	Fri	11/25-12/23	9-10am	\$20/\$30
#7092-3	Mon	1/2-3/19	9-10am	\$45/\$55
#7093-3	Wed	1/4-3/21	9-10am	\$45/\$55
#7094-3	Fri	1/6-3/23	9-10am	\$45/\$55
#7092-4	Mon	4/2-6/4	9-10am	\$36/\$46
#7093-4	Wed	4/4-6/6	9-10am	\$36/\$46
#7094-4	Fri	4/6-6/8	9-10am	\$36/\$46

The Total Body Workout (ages 12 and up)

Cardiovascular for weight loss (Zumba, Hip Hop, and Kickboxing Aerobics), abdominal exercises to tighten up those stomach muscles, lower body (working the butt, hips and legs), and weight training for the arms and the entire body so it can be firm and toned. This workout incorporates all that you need to do to work out your body completely. It is designed for a person who wants to get their workout done all at once in a 90-minute session. So if you are interested in being as fit as possible, this class is designed for you. Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/24

Class#	Day	Dates	Time	Res/NR
#7255-2	Fri	11/18-12/23*	5-6pm	\$35/\$45
#7255-3	Fri	1/6-3/23	5-6pm	\$65/\$75
#7255-4	Fri	4/6-6/8	5-6pm	\$55/\$65

Yoga For Weight Loss (ages 12 & up)

This class is based on Kundalini Yoga and Pilates. We move continuously throughout the class in different positions from 1 minute to 5 minutes to burn calories. We work a lot on the core, stomach and reducing the waistline. This class speeds up the metabolism so that you can burn calories more efficiently. The positions are not complicated and if you cannot do a certain position I will show you how to modify it therefore anyone can do this class! After we work out the body, we meditate and relax the body at the end of class for about 15 minutes or more. So if you want your waistline, stomach and core to reduce and look good, this is your class. You will relax and unwind so much at the end of class so that you will feel like a million dollars! Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/30

Class#	Day	Dates	Time	Res/NR
#7097-2	Tues	11/15-12/20	6-7pm	\$35/\$45
#7096-2	Fri	11/18-12/23	6-7pm	\$35/\$45
#7097-3	Tues	1/3-3/20	6-7pm	\$65/\$75
#7096-3	Fri	1/6-3/23	6-7pm	\$65/\$75
#7097-4	Tues	4/3-6/5	6-7pm	\$55/\$65
#7096-4	Fri	4/6-6/8	6-7pm	\$55/\$65

Fitness & Wellness

Pilates

Joseph Pilates designed this class to strengthen the core, firm and strengthen the back to relieve back pain, and make the stomach flat and strong giving you better posture, leaner muscles, improved balance and coordination, and a fit appearance. I incorporate the Ball, Plates Ring and Roller, weights and rubber bands. This class is a must for those people who think they have done it all and want a challenge. You will leave this class stronger, leaner, without any back pain, and looking fit and you will have a sense of accomplishment. Come join us for this invigorating workout. Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/30

Class#	Day	Dates	Time	Res/NR
#7095-2	Tues	11/15-12/20	7-8pm	\$35/\$45
#7095-3	Tues	1/3-3/20	7-8pm	\$65/\$75
#7095-4	Tues	4/3-6/5	7-8pm	\$55/\$65

T'ai Chi, Pilates & Yoga In A Chair (all ages)

This class is designed for those who have trouble standing for a long time and want to work-out their entire body. T'ai Chi is an ancient technique using the hands and feet designed with many health benefits: (lowers blood pressure, cholesterol, stress, pain, reduces waistline circumference, depression, balance and coordination, Alzheimer's disease, increases brain cells and memory) while Yoga works on the entire body for Holism: the integration of the mind, body and spirit for optimal functioning. When these aspects are fully developed and integrated, optimal well-being results ("a zest for life). Yoga will also take tightness, stiffness and pain out of the muscles, joints and tendons to make you feel younger, while Pilates will give you core strength, a better and stronger back without pain and better posture. This class is designed to work on the physical, intellectual, emotional, social and spiritual aspects of the human being. Everyone should do it. Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/30

Class#	Day	Dates	Time	Res/NR
#2953-2	Fri	11/18-12/23	3-4pm	\$35/\$45
#2953-3	Fri	1/6-3/23	3-4pm	\$65/\$75
#2953-4	Fri	4/4-6/6	3-4pm	\$55/\$65

Senior Dance & Weight Training (Any age)

Low-impact aerobic dancing, Basic Latin, Belly, Country, Flamingo, Modern Dances. These dances are at a slow pace but if you cannot stand then you can sit in a chair and dance too. These dances are designed to work out your entire body making you burn calories, feel stronger, take pain, stiffness and tightness out of the body and have fun at the same time! We will also lift light weights working out all the muscles of the entire body. You will obtain increased strength, your muscle tone will improve and you will be able to build muscle, increased bone density, improvement in joint range of motion, improved balance, increased oxygen throughout the body, increased lean body mass, decreased percentage of body fat and improved ability to carry out activities of daily living. So come join us for this fun and invigorating workout. What do you have to lose? Space is limited so please sign up as soon as possible.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/30

Class#	Day	Dates	Time	Res/NR
#7267-2	Tues	11/15-12/20*	3:45-5pm	\$35/\$45
#7249-2	Fri	11/18-12/23*	4-5pm	\$35/\$45
#7267-3	Tues	1/3-3/20	3:45-5pm	\$65/\$75
#7249-3	Fri	1/6-3/23	4-5pm	\$65/\$75
#7267-4	Tues	4/3-6/5	3:45-5pm	\$55/\$65
#7249-4	Fri	4/6-6/8	4-5pm	\$55/\$65

T'ai Chi and QiGong (ages 12 and up)

Functional training that involves standing and balancing movements. These movements incorporate the upper and lower body and the Respiratory system. You will obtain many health benefits including lowered blood pressure, cholesterol, stress, pain, and reduced waistline circumference, depression, and improvement in balance and coordination, improvement with Alzheimer's disease and increased brain cells and memory improvement Practicing T'ai Chi is also known to stimulate and enhance the immune system and remove toxins from the body and open up the intuition. Everyone can and should practice T'ai Chi. The T'ai Chi system works on the mind and the body.

Location: Oak View Center

Instructor: Marion Hunt

Min/Max: 9/30

Class#	Day	Dates	Time	Res/NR
#7280-2	Sun	11/27-12/18	11:30am-12:30pm	\$25/\$35
#7280-3	Sun	1/8-3/25	11:30am-12:30pm	\$65/\$75
#7280-4	Sun	4/8-6/10	11:30am-12:30pm	\$55/\$65

Peace Yoga (ages 16 & up)

Treat and challenge yourself to the yoga experience. Let the yoga mind and body connection of deep stretching exercise bring the harmony of fitness and wellness to your life. Enhance your energy as these fun stretches bring flexibility, muscle strength and great posture. Create serene relaxation with yoga breathing & imagery. PDNA (Id)

Location: Oak View Center

Instructor: Peace School

Max/Min: 35/15

Class#	Day	Dates	Time	Res/NR
<i>Beginners</i>				
#2359-3	Wed	1/4-3/21	6:45 – 7:30pm	\$72/\$82
#2359-4	Wed	4/4-6/6	6:45 – 7:30pm	\$60/\$70
<i>Intermediate</i>				
#2360-3	Wed	1/4-3/21	7:45 – 8:45pm	\$72/\$82
#2360-4	Wed	4/4-6/6	7:45 – 8:45pm	\$60/\$70

Senior Yoga (ages 60 & up)

Senior Yoga will help you develop and enhance your flexibility, balance, strength, breathing and coordination. Come and join us for a basic yoga class with modifications for everyone. Bring a Yoga Mat. (Id) PDNA

Location: Oak View Center

Instructor: Sue McGovern

Max/Min: 15/30

Class#	Day	Dates	Time	Res/NR
#7276-2	Wed	11/23-12/21	10:45–11:45am	\$17/27
#7277-2	Fri	12/2-12/23	10:45–11:45am	\$15/25
#7275-3	Mon	1/2-3/19	10:45–11:45am	\$39/49
#7276-3	Wed	1/4-3/21	10:45–11:45am	\$39/49
#7277-3	Fri	1/6-3/23	10:45–11:45am	\$39/49
#7275-4	Mon	4/2-6/4	10:45–11:45am	\$32/42
#7276-4	Wed	4/4-6/6	10:45–11:45am	\$32/42
#7277-4	Fri	4/6-6/8	10:45–11:45am	\$32/42

Fitness & Wellness

Introduction to Meditation

Join us in a comprehensive introduction to the art of meditation! Meditation can be learned and utilized as a beneficial practice by people of all ages and physical abilities and followers of any (or no) specific religion. Participants receive beginning instruction & time to practice a variety of techniques as well as tips for starting & sticking to a meditation practice. Please bring a blanket to the 1st class. You will have the choice of sitting in a chair or on the floor in a more traditional position. No classes 5/13. PDNA (LD)

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min: 20/5

Beginner Introduction AM sessions:

Class#	Day	Dates	Time	Res/NR
#2290-1	Tues	1/10–2/14	10:00 - 11:00am	\$49/\$59
#2290-2	Tues	2/28–4/3	10:00 – 11:00am	\$49/\$59
#2290-3	Tues	4/17–5/22	10:00 - 11:00am	\$49/\$59
# 2292-1	Sun	1/8-2/12	10:30 – 11:30am	\$49/\$59
# 2292-2	Sun	2/26- 4/1	10:30 - 11:30am	\$49/\$59
# 2292-3	Sun	4/15- 5/27	10:30 - 11:30am	\$49/\$59

Beginner Introduction PM sessions:

Class#	Day	Dates	Time	Res/NR
#2294-1	Tues	1/10–2/14	6:45 - 7:45pm	\$49/\$59
#2294-2	Tues	2/28–4/3	6:45 – 7:45pm	\$49/\$59
#2294-3	Tues	4/17–5/22	6:45 - 7:45pm	\$49/\$59

Group Meditation Sessions

Many people prefer the motivation, guidance and continuity that organized practice can provide. If you have completed our Introduction to Meditation class, or have other previous meditation experience, our Guided Meditation hour is for you. There is little formal instruction provided in this session; instead, each hour will include a guided relaxation practice, some gentle and revitalizing “Easy Tao” (Wai Tan Gong) stretching exercises, and a guided mindful meditation session, all led by our instructor. Meditation offers a time for peace. PDNA (LD) Please bring a blanket to the 1st class. You will have the choice of sitting in a chair or on the floor in a more traditional position No classes 5/13.

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min: 20/5

Guided AM sessions:

Class#	Day	Dates	Time	Res/NR
# 2293-1	Tues	1/10 – 2/14	11:15 - 12:15pm	\$49/\$59
# 2293-2	Tues	2/28– 4/3	11:15 – 12:15pm	\$49/\$59
# 2293-3	Tues	4/17– 5/22	11:15 – 12:15pm	\$49/\$59
# 2295-1	Sun	1/8 - 2/12	11:30 – 12:30pm	\$49/\$59
# 2295-2	Sun	2/26 - 4/1	11:30 - 12:30pm	\$49/\$59
#2295-3	Sun	4/15 - 5/27	11:30 - 12:30pm	\$49/\$59

Guided PM sessions:

Class#	Day	Dates	Time	Res/NR
#2297-1	Thurs	1/12–2/16	6:45 – 7:45pm	\$49/\$59
#2297-2	Thurs	3/1–4/5	6:45 – 7:45pm	\$49/\$59

SPINNING.



Spinning Class (16 & up)

If you've ever left a group exercise class feeling frustrated, you'll appreciate that there are no complicated moves to learn with the Spinning program. Anyone can benefit from it because you can go at your own pace by controlling the resistance on your bike. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible

ride! It is great for all ability levels. On average, participants burn about 400–500 calories in a 40-minute workout. Registration only taken at OAK VIEW – informational packet will be given at time of registration.

Location: Oak Lawn Community H.S. 9400 Southwest Hwy

Instructor: Forrest Wagner

Max/Min: 19/8



Class#	Day	Dates	Time	Res/NR
#7086-2	Wed	1/18-3/7	6:30-7:15pm	\$40/\$50
#7086-3	Wed	3/28 - 5/16	6:30-7:15pm	\$40/\$50

Tuna Pasta Salad

Recipe courtesy Dana Angelo White

Serves: 6 cups

Ingredients

- 8 ounces dry whole-grain elbow pasta (Barilla Plus recommended)
- 1 cup frozen green peas
- 5 ounces canned tuna, packed in water
- 1/2 cup chopped celery
- 1/4 cup balsamic vinaigrette

Directions

Cook pasta according to package directions and add frozen peas for the last 15 seconds of cooking; drain and set aside to cool slightly.

Combine pasta and peas in a large bowl with tuna, celery and balsamic vinaigrette. Season with 1/4 teaspoon kosher salt and freshly ground black pepper to taste; mix well to combine. Serve slightly chilled or at room temperature. Enjoy this salad as is or pile it over mixed greens.

Nutrition Info (per cup):

Calories: 234; Fat: 8 grams; Saturated Fat: 1 gram; Protein: 13 grams; Carbohydrate: 28 grams; Sodium: 191 milligrams; Cholesterol: 10 milligrams; Fiber: 4 grams