

Cardio & Strength Classes

Belly Dancing

An easy-to-follow, fun, sweaty, and unique dance class that will transfer you to the beautiful fairytale world of Aladdin and Scheherazade . If you like dancing and learning new things, if you're looking to strengthen your body – you'll love belly dance! You'll learn how to access and isolate muscles around the hips and torso to create both soft, fluid movements, and sharp rhythmic hits and locks.

This course covers both basic belly dance technique and pre-choreographed combinations to help you develop your own belly dance style, and to get you up and dancing straight away. Within one hour, you'll get a combination of a strength training, meditation, stretch, and nonstop dancing to beautiful Middle Eastern Tunes. No prior dance experience required, yet both new and experienced dancers will get the challenge and inspiration they are looking for!

Day	Time	Dates	Location	Code	Ages	Fees
Sat	11:45-12:45	3/6-3/13	Dance Studio	25026-01	16+	5/6/8
Sat	11:45-12:45	3/20-3/27	Dance Studio	25026-02	16+	5/6/8
Sat	11:45-12:45	4/10-4/17	Dance Studio	25026-03	16+	5/6/8
Sat	11:45-12:45	4/24-5/1	Dance Studio	25026-04	16+	5/6/8

Beginner Belly Dancing

An easy-to-follow, fun, sweaty, and unique dance class that will transfer you to the beautiful fairytale world of Aladdin and Scheherazade . If you like dancing and learning new things, if you're looking to strengthen your body – you'll love belly dance! You'll learn how to access and isolate muscles around the hips and torso to create both soft, fluid movements, and sharp rhythmic hits and locks.

This course covers both basic belly dance technique and pre-choreographed combinations to help you develop your own belly dance style, and to get you up and dancing straight away. Within one hour, you'll get a combination of a strength training, meditation, stretch, and nonstop dancing to beautiful Middle Eastern Tunes. No prior dance experience required, yet both new and experienced dancers will get the challenge and inspiration they are looking for!

Day	Time	Dates	Location	Code	Ages	Fees
Tu	6:45-7:45 P.M.	3/2-3/9	Dance Studio	25027-01	16+	5/6/8
Tu	6:45-7:45 P.M.	3/16-3/23	Dance Studio	25027-02	16+	5/6/8
Tu	6:45-7:45 P.M.	4/6-4/13	Dance Studio	25027-03	16+	5/6/8
Tu	6:45-7:45 P.M.	4/20-4/27	Dance Studio	25027-04	16+	5/6/8
Tu	6:45-7:45 P.M.	5/4-5/11	Dance Studio	25027-05	16+	5/6/8
Tu	6:45-7:45 P.M.	5/18-5/25	Dance Studio	25027-06	16+	5/6/8

Body Sculpt

A resistance training class to sculpt muscles, strengthen your core and increase flexibility. Fitness bands will be used. It is recommended participants bring their own bands and yoga mat.

Day	Time	Dates	Location	Code	Ages	Fees
M/W/F	10:00-10:50 A.M.	3/1-3/12	Main Gym	25335-01	16+	15/18/24
M/W/F	10:00-10:50 A.M.	3/15-3/26	Main Gym	25335-02	16+	15/18/24
M/W/F	10:00-10:50 A.M.	4/5-4/16	Main Gym	25335-03	16+	15/18/24
M/W/F	10:00-10:50 A.M.	4/19-4/30	Main Gym	25335-04	16+	15/18/24
M/W/F	10:00-10:50 A.M.	5/3-5/14	Main Gym	25335-05	16+	15/18/24
M/W/F	10:00-10:50 A.M.	5/17-5/28	Main Gym	25335-07	16+	15/18/24

Body Sculpt

A resistance training class to sculpt muscles, strengthen your core and increase flexibility. Fitness bands will be used. It is recommended participants bring their own bands and yoga mat.

Day	Time	Dates	Location	Code	Ages	Fees
Th	5:30-6:30 P.M.	3/4-3/11	Studio B	25340-01	16+	5/6/8
Th	5:30-6:30 P.M.	3/18-3/25	Studio B	25340-02	16+	5/6/8
Th	5:30-6:30 P.M.	4/8-4/15	Studio B	25340-03	16+	5/6/8
Th	5:30-6:30 P.M.	4/22-4/29	Studio B	25340-04	16+	5/6/8
Th	5:30-6:30 P.M.	5/6-5/13	Studio B	25340-05	16+	5/6/8
Th	5:30-6:30 P.M.	5/20-5/27	Studio B	25340-06	16+	5/6/8

Cardio HIIT & Tone

A challenging head to toe workout that will alternate between high intensity cardio intervals and low intensity recovery using a mixture of free weights and body weight. Suitable for all fitness levels.

Day	Time	Dates	Location	Code	Ages	Fees
Mon	6:30-7:30 P.M.	3/1-3/8	Studio B	25388-01	16+	5/6/8
Mon	6:30-7:30 P.M.	3/15-3/22	Studio B	25388-02	16+	5/6/8
Mon	6:30-7:30 P.M.	3/29-4/5	Studio B	25388-03	16+	5/6/8
Mon	6:30-7:30 P.M.	4/12-4/19	Studio B	25388-04	16+	5/6/8
Mon	6:30-7:30 P.M.	4/26-5/3	Studio B	25388-05	16+	5/6/8
Mon	6:30-7:30 P.M.	5/10-5/17	Studio B	25388-06	16+	5/6/8
Mon	6:30-7:30 P.M.	5/24	Studio B	25388-07	16+	2.5/3/4

Dance Fit

Dance Fit program that inspires the mind and transforms the body, while teaching through the skill of dance. Partner free, requires no prior dance experience and uses a wide variety of music in the class.

Day	Time	Dates	Location	Code	Ages	Fees
F	11:00-12:00	3/5-3/12	Rec Plex	25347-01	16+	5/6/8
F	11:00-12:00	3/19-3/26	Rec Plex	25347-02	16+	5/6/8
F	11:00-12:00	4/9-4/16	Rec Plex	25347-03	16+	5/6/8
F	11:00-12:00	4/23-4/30	Rec Plex	25347-04	16+	5/6/8
F	11:00-12:00	5/7-5/14	Rec Plex	25347-05	16+	5/6/8
F	11:00-12:00	5/21-5/28	Rec Plex	25347-06	16+	5/6/8

LaBlast Saturday - Dana

LaBlast is a dance fitness program that inspires the mind and transforms the body, while teaching the true skill of dance. Inspired by TV's, "Dancing with the Stars", this energizing dance fitness class blends ballroom dancing with the calorie blasting properties of a fitness class. It's partner free, requires no prior dance experience and uses a wide variety of music in the class.

Day	Time	Dates	Location	Code	Ages	Fees
Sat	10:10-11:10	3/6-3/13	Dance Studio	25334-01	16+	5/6/8
Sat	10:10-11:10	3/20-3/27	Dance Studio	25334-02	16+	5/6/8
Sat	10:10-11:10	4/10-4/17	Dance Studio	25334-03	16+	5/6/8
Sat	10:10-11:10	4/24-5/1	Dance Studio	25334-04	16+	5/6/8
Sat	10:10-11:10	5/8-5/15	Dance Studio	25334-05	16+	5/6/8
Sat	10:10-11:10	5/22-5/29	Dance Studio	25334-06	16+	5/6/8

LaBlast Wednesday - Elena

LaBlast is a dance fitness program that inspires the mind and transforms the body, while teaching the true skill of dance. Inspired by TV's, "Dancing with the Stars", this energizing dance fitness class blends ballroom dancing with the calorie blasting properties of a fitness class. It's partner free, requires no prior dance experience and uses a wide variety of music in the class.

Day	Time	Dates	Location	Code	Ages	Fees
Wed	11:00-12:00	3/3-3/24	Rec Plex	25333-01	16+	10/12/16
Wed	11:00-12:00	4/7-4/28	Rec Plex	25333-02	16 +	10/12/16
Wed	11:00-12:00	5/5-5/26	Rec Plex	25333-03	16+	10/12/16

Zumba Tu/Th – Tina

Zumba mixes low and high-intensity moves for an interval style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and serious energy boost each time you leave class.

Day	Time	Dates	Location	Code	Ages	Fees
Tu/Th	9:00-9:45 A.M.	3/2-3/11	Rec Plex	25339-01	16+	10/12/16
Tu/Th	9:00-9:45 A.M.	3/16-3/25	Rec Plex	25339-02	16+	10/12/16
Tu/Th	9:00-9:45 A.M.	4/6-4/15	Rec Plex	25339-03	16+	10/12/16
Tu/Th	9:00-9:45 A.M.	4/20-4/29	Rec Plex	25339-04	16+	10/12/16
Tu/Th	9:00-9:45 A.M.	5/4-5/13	Rec Plex	25339-05	16+	10/12/16
Tu/Th	9:00-9:45 A.M.	5/18-5/27	Rec Plex	25339-06	16+	10/12/16

Zumba Wed - Kayla

Zumba mixes low and high-intensity moves for an interval style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and serious energy boost each time you leave class.

Day	Time	Dates	Location	Code	Ages	Fees
Wed	6:00-7:00 P.M.	3/3-3/10	Dance Studio	25351-01	16+	5/6/8
Wed	6:00-7:00 P.M.	3/17-3/24	Dance Studio	25351-02	16+	5/6/8
Wed	6:00-7:00 P.M.	4/7-4/14	Dance Studio	25351-03	16+	5/6/8
Wed	6:00-7:00 P.M.	4/21-4/28	Dance Studio	25351-04	16+	5/6/8
Wed	6:00-7:00 P.M.	5/5-5/12	Dance Studio	25351-05	16+	5/6/8
Wed	6:00-7:00 P.M.	5/19-5/26	Dance Studio	25351-06	16+	5/6/8

Zumba Sat – Ruth/Karen

Zumba mixes low and high-intensity moves for an interval style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and serious energy boost each time you leave class.

Day	Time	Dates	Location	Code	Ages	Fees
Sat	9:00-10:00 A.M.	3/6-3/13	Rec Plex	25348-01	16+	5/6/8
Sat	9:00-10:00 A.M.	3/20-3/27	Rec Plex	25348-02	16+	5/6/8
Sat	9:00-10:00 A.M.	4/10-4/17	Rec Plex	25348-03	16+	5/6/8
Sat	9:00-10:00 A.M.	4/24-5/1	Rec Plex	25348-04	16+	5/6/8
Sat	9:00-10:00 A.M.	5/8-5/15	Rec Plex	25348-05	16+	5/6/8
Sat	9:00-10:00 A.M.	5/22-5/29	Rec Plex	25348-06	16+	5/6/8

Kids Hula Dance

Learn the art of Polynesian dance taught by Olohana's Polynesian Dance. Learn to perform native dances from the islands of Hawaii, Samoa, Tahiti, New Zealand and more. Graduate from 8 different hula skirts to become a professional hula dancer!

Day	Time	Dates	Location	Code	Ages	Fees
Th	5:30-6:15 P.M.	4/8-6/24	Dance Studio	25062-01	5-12	40/56/72

Hula Dance

Learn the art of Polynesian dance taught by Olohana's Polynesian Dance. Learn to perform native dances from the islands of Hawaii, Samoa, Tahiti, New Zealand and more. Graduate from 8 different hula skirts to become a professional hula dancer!

Day	Time	Dates	Location	Code	Ages	Fees
Th	7:00-7:45 P.M.	4/8-6/24	Dance Studio	25064-01	16+	40/56/72

Hula Aerobics

Join professional Polynesian dance instructor, Olohana, for an island style workout. Olohana has entertained troops for the USA and at the World Fest in Branson, MO as part of the Polynesian Paradise Dancers. Olohana will highlight the benefits of fitness through the basic steps of hula dance and turn it into a workout. Strengthen your core, quads, hamstrings, and glutes while filling your mind and heart with the Aloha spirit!

Day	Time	Dates	Location	Code	Ages	Fees
Th	6:15-7:00 P.M.	4/8-6/24	Dance Studio	25063-01	16+	40/56/72

Tai Chi

Tai Chi is a martial arts practice that promotes holistic health using movements involving powerful stretching, breathing and mental focus. The movements are easy to learn, practice and remember. Some of the many benefits of this class include tension relief, increased muscle tone, improved range of motion and flexibility, and increased mental focus and awareness. No special clothing is required. The instructor is Diane Massie, a 5th degree Black Belt in Tae Kwon Do and has practiced martial arts for 28 years. Students registering for Intermediate Tai Chi must have completed 2 sessions of beginner class or have approval of instructor. No class 3/30/21.

Day	Time	Dates	Location	Code	Ages	Fees
Tu	6:30-7:15 P.M.	3/23-6/8	Mini Gym	25030-01	16+	40/56/72

Intermediate Tai Chi

Tai Chi is a martial arts practice that promotes holistic health using movements involving powerful stretching, breathing and mental focus. The movements are easy to learn, practice and remember. Some of the many benefits of this class include tension relief, increased muscle tone, improved range of motion and flexibility, and increased mental focus and awareness. No special clothing is required. The instructor is Diane Massie, a 5th degree Black Belt in Tae Kwon Do and has practiced martial arts for 28 years. Students registering for Intermediate Tai Chi must have completed 2 sessions of beginner class or have approval of instructor. No class 3/30/21.

Day	Time	Dates	Location	Code	Ages	Fees
Tu	7:30-8:15 P.M.	3/23-6/8	Mini Gym	25031-01	16+	40/56/72

Introductory Yoga

Join certified Yoga instructor Steve Chappell for an introductory Yoga class. Students will learn various poses and breathing techniques will be taught, helping students achieve better health and general well-being in a gentle way. Participants should wear loose fitting clothing and bring a Yoga mat.

Day	Time	Dates	Location	Code	Ages	Fees
Mon	5:30-6:30 P.M.	3/1-3/8	Dance Studio	25011-01	16+	5/6/8
Mon	5:30-6:30 P.M.	3/15-3/22	Dance Studio	25011-02	16+	5/6/8
Mon	5:30-6:30 P.M.	4/5-4/12	Dance Studio	25011-03	16+	5/6/8
Mon	5:30-6:30 P.M.	4/19-4/26	Dance Studio	25011-04	16+	5/6/8
Mon	5:30-6:30 P.M.	5/3-5/10	Dance Studio	25011-05	16+	5/6/8
Mon	5:30-6:30 P.M.	5/17-5/24	Dance Studio	25011-06	16+	5/6/8

Pilates

Stretch, breathe, focus, rejuvenate! Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. No class 3/30/21.

Day	Time	Dates	Location	Code	Ages	Fees
Tu	5:30-6:30 P.M.	3/23-6/8	Dance Studio	25016-01	16+	40/56/72

Krav Maga

Krav Maga is based on simple principles, natural movements, and practical techniques. A favorite among law enforcement agencies, military personnel, and anyone interested in self-defense; Anyone. Taught by Ehud Borovoy, personal trainer and Krav Maga instructor. Krav Maga is simple, natural and effective self-defense. No class 3/30/21

Day	Time	Dates	Location	Code	Ages	Fees
Tu	6:30-7:30 P.M.	3/16-6/8	Rec Plex	24045-01	16+	40/56/72