

Health & Fitness



PILATES *plus Core Toning* for a Healthier Body

This class is designed for the person who would like to strengthen the core muscles, tone the body and feel better. Each class includes core toning with pilates, toning with light weights and stress reduction exercises at the end of class. These exercises are excellent for improving posture, strength, flexibility, and an increased sense of well-being for the person. Please join Susie Paxhia Wednesdays at 7pm.

(please bring light weights, between 1-3 pounds, if you have them)

Ages 16+	\$35	4wk(s)
ID# 4950	5/6-27 Wed	7:00 - 8:00pm
ID# 4954	6/3-24 Wed	7:00 - 8:00pm
ID# 4949	7/8-29 Wed	7:00 - 8:00pm
Location: UP Sr/Community Center		Inst: Susie Paxhia
2534 Grandview Dr. W., UP		



YOGA with Diane DeMars

Certified Yoga Instructor Since 1997

With 12 years of teaching experience Diane will guide you through the practice of yoga in an easy to understand, gentle, caring way that is her own unique style.

Yoga classes are designed for all students (*including beginners*) Each class is designed to reduce stress, renew your energy, and relieve tension from your back, neck, shoulders and hips. You will improve your balance, strength and flexibility as you experience the benefits of mindful movement, conscious breathing and deep relaxation. Each person is encouraged to progress at his/her own pace, regardless of fitness level. Experience and flexibility are not required.

Mixed Level

Ages 16+	\$85 (1)day a wk / \$129 (2)days a wk / 8wk(s)
Session I	<i>(No class Mon. 5/25 - Memorial Day)</i>
ID# 4769	4/27-6/15 Mon 4:30pm - 5:45pm
ID# 4771	4/29-6/17 Wed 4:30pm - 5:45pm
Session II	
ID# 4773	6/29-8/10 Mon 4:30pm - 5:45pm
ID# 4775	7/1-8/12 Wed 4:30pm - 5:45pm
Location: UP Sr/Community Center Inst: Diane DeMars	
2534 Grandview Dr. W., UP	

Experienced Level

Ages 16+	\$85 (1)day a wk / \$129 (2)days a wk / 8wk(s)
Session I	<i>(No class Mon. 5/25 - Memorial Day)</i>
ID# 4777	4/27-6/15 Mon 6:00pm - 7:15pm
Session II	
ID# 4778	6/29-8/10 Mon 6:00pm - 7:15pm
Location: UP Sr/Community Center Inst: Diane DeMars	
2534 Grandview Dr. W., UP	



Latin Aerobics!

Come dance with us at a Zumba Class! Zumba was created for those that love to dance and enjoy the Latin music. We take dance movements from the Salsa, Merengue, Cumbia, Cha Cha and Belly Dance; put it all together you have ...ZUMBA. *Dress in comfortable clothes, wear comfortable tennis shoes, bring a water bottle and towel.*

Ages 16+	\$35	4wk(s)
ID# 4945	5/5-26 Tu	7:00 - 8:00pm
ID# 4754	5/9-30 Sat	10:30-11:30am
ID# 4946	6/2-23 Tu	7:00 - 8:00pm
ID# 4756	6/6-27 Sat	10:30-11:30am
ID# 4947	7/7-28 Tu	7:00 - 8:00pm
ID# 4758	7/11-8/1 Sat	10:30-11:30am
ID# 4948	8/4-25 Tu	7:00 - 8:00pm
ID# 4761	8/8-29 Sat	10:30-11:30am
Location: Windmill Village-Bldg.A3		Instructor: Rica
3715 Bridgeport Way W, UP		

ZUMBA GOLD for Zumba Zeniors

The Zumba Gold program is designed for any participant, the active adult population or the true beginner. Zumba Gold addresses the anatomical, physiological, and psychological needs specific to these populations. It also includes a Zumba Chair workout. The program is designed to provide a safe and effective total body workout.

Dress in comfortable clothes, wear comfortable tennis shoes, bring a water bottle and towel.

Ages 18+	\$17	4wk(s)
ID# 4989	5/5-26 Tu	5:30-6:15pm
ID# 4755	5/9-30 Sat	9:15-10:15am
ID# 4988	6/2-23 Tu	5:30-6:15pm
ID# 4757	6/6-27 Sat	9:15-10:15am
ID# 4990	7/7-28 Tu	5:30-6:15pm
ID# 4759	7/11-8/1 Sat	9:15-10:15am
ID# 4991	8/4-25 Tu	5:30-6:15pm
ID# 4760	8/8-29 Sat	9:15-10:15am
Location: Windmill Village-Bldg.A3		Instructor: Rica
3715 Bridgeport Way W, UP		

TAI CHI CHIH *joy through movement*

T'ai Chi Chih 'Joy Through Movement' is 19 movements and 1 stance of a moving meditation that helps to relax you, heighten energy, and balance the body. Movements can be done standing or seated. Wear comfortable clothing, socks, {2-pair}, and you may want to bring a throw rug to stand on.

Ages 16+	\$85	9wk(s)
ID# 4916	5/4-7/6 Mon	6:00 - 8:00pm
Ages 16+	\$74	8wk(s)
ID# 4917	7/13-8/31 Mon	6:00 - 8:00pm
Location: Windmill Village-Bldg.A3		Inst: Pamela Draper
3715 Bridgeport Way W, UP		