

Registrations Start 8:00am October 26th

Senior Arthritis Foundation Exercise Program

If you have arthritis, take advantage of this exercise class designed with you in mind. The Arthritis Foundation Exercise Program provides gentle motion and activities to help: increase joint flexibility, Increase range of motion and maintain muscle strength. Hand held weights, elastic tubing with handles, and a ball are incorporated into the exercise routines. These exercises will help you manage daily activities with more ease. A chair is used for seated and/or standing support.

Instructor: Joanie Blixt
Mondays & Thursday: 10am-11am (year round program no breaks)
Fee: \$1.00/day paid upon arrival
Location: Sparta Barney Family Community Center

*** All participants in adult fitness classes must be at least 16 years old by November 7th and have signed the registration/waiver form. There will be a \$10.00 late fee assessed to all registrations after the start of a program.

Boot Camp AM

Boot camp is for ALL fitness levels with exercise options for low and high impact. This class will be mostly indoors for the late fall session. Using combinations of plyometric exercise, cardio activity, resistance training and body weight to give you a great workout, burn calories and tone your entire body! Emphasis is placed on exercising safely, having fun and completing the workout challenge as a team. Showers available at the facility.

5:30-6:30am- (Jen K)

**M
O
N
D
A
Y**

Mixed Level Yoga

Hatha Yoga can calm your mind, improve your strength and increase your flexibility. You will learn standing poses, twisting poses, balancing poses, forward bending poses, sitting poses and relaxation postures. Yoga has been known to relieve stress and lower blood pressure. Anyone can benefit! Please wear comfortable clothes. Mats are provided but participants are welcome to bring their own.

4:00-5:00pm- (Pauline)

November 7

Start

Resident : \$12.00

Non-Resident : \$ 18.00

December 12

End

Cardio Ab Circuit

This 30 minute class is dedicated to burning fat & toning your mid-section! Get ready to move quickly between various body weight, strength and cardio exercises that target your abdominals, obliques and lower back. Great for all fitness levels, modifications available for beginners.

5:00-5:30pm-(Jennifer H)

Turbokick

This fat blasting format is the ultimate calorie burning challenge! Choreographed to music, each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength endurance training and a cool down that work together to transform your body! All levels of fitness are welcome.

5:40-6:30pm-(Jennifer H)

Latin Fusion

Latin Fusion fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Latin Fusion achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements to engage and captivate for life!

6:35-7:35pm-(Amanda Z)

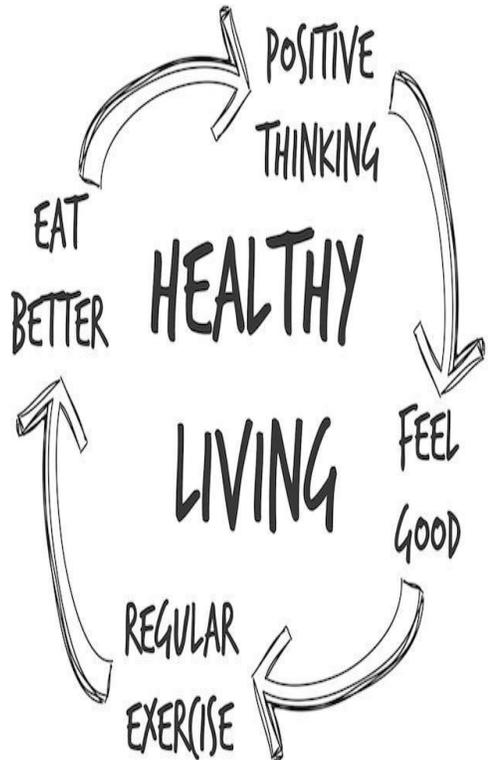
*** All participants in adult fitness classes must be at least 16 years old by November 7th and have signed the registration/waiver form. There will be a \$10.00 late fee assessed to all registrations after the start of a program.

Core Plus Strength & Toning

A whole body routine utilizing dumbbells, resistance bands and body weight for overall toning and endurance. This class will improve muscular strength, tone, improve bone density and increase stamina. Set to music, a fantastic way to start your day! This class will increase your heart rate, but is NOT an intense cardio workout. All fitness levels are welcome! Showers available at facility.

5:30-6:30am-(Jen K)

T U E S D A Y



November 8

Start

FEE'S

Resident : \$12.00

Non-Resident : \$ 18.00

December 13

End

Register Online

**** You must have a valid email address on account through the Recreation Department to use online registration****

Visit www.spartaparks.com

Click "Sign In" (Located on the upper right hand of the web's home page)

Username is your Email Address that we have on your account

Click "Forgot Password"

If this does not work, please call the Sparta Parks and Recreation Department Office so that we may assist you in generating a new password.

Phone: (608) 269 - 6322

You may register in the Parks and Recreation Department Office as well like any other program.

*** All participants in adult fitness classes must be at least 16 years old by November 7th and have signed the registration/waiver form. There will be a \$10.00 late fee assessed to all registrations after the start of a program.

Water Fit

Get ready to splash into shape! Water Fit will focus on using the natural resistance of water and various water tools to increase cardio endurance, flexibility and strengthen your muscles. All fitness levels can participate in this low impact workout that is easy on joints but challenges your entire body.

This class is being offered at Super 8. Pool depth ranges from 3 feet to 4.6 feet. Showers are available on site with prior arrangement. Contact Park & Rec for details. Space is limited. Sign up early.

(There is a \$5 per person charge "pool use" \$17 resident, \$23 Non-resident

5:30-6:30am- (Jen K)

**W
E
D
N
E
S
D
A
Y**

Body Sculpt

This class combines strength training and cardiovascular conditioning to strengthen and tone every muscle in your body and burn calories! Using a variety of equipment including dumbbells, resistance bands, gliders, and stability balls and by varying your workout routine this class will keep your body from plateauing and whip you into shape! This class is fun and effective and is for all levels of fitness.

5:30-6:30pm-(Jennifer H)



November 9

Start

FEE'S

Resident : \$12.00

Non-Resident : \$ 18.00

December 14

End

Yoga

Kathy Peterson has practiced yoga for many years. In 2015 she attended Yoga Fit Level 1 training and became a certified instructor and has been teaching beginner level and chair yoga classes ever since.

This beginner yoga class is designed for those new to yoga or with limited yoga experience. The class involves linking several poses together to create strength, flexibility, endurance and balance while effectively working all parts of the body. Each class will include a warm-up phase to transition from our lives to our yoga practice with focus on breathe; a work phase; and a cool-down phase that includes deep stretching and final relaxation.

4:30-5:30pm- (Kathy)

Latin Fusion

Latin Fusion fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Latin Fusion achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements to engage and captivate for life!

6:35-7:35pm-(Amanda Z)

*** All participants in adult fitness classes must be at least 16 years old by November 7th and have signed the registration/waiver form. There will be a \$10.00 late fee assessed to all registrations after the start of a program.

Core Plus Strength & Toning

A whole body routine utilizing dumbbells, resistance bands and body weight for overall toning and endurance. This class will improve muscular strength, tone, improve bone density and increase stamina. Set to music, a fantastic way to start your day! This class will increase your heart rate, but is NOT an intense cardio workout. All fitness levels are welcome! Showers available at facility.

5:30-6:30am-(Jen K)

Resident : \$10.00

Non-Resident : \$ 15.00

THURSDAY

Raise the Bar

Gear up to work hard and give everything you've got in this 4 week strength based fitness program! With the use of bars and plates you will be guided through a heart pumping, total body workout. Students will meet one on one with their instructor at the beginning of each session to set obtainable health and fitness goals. If by the end of the session you succeed in meeting those goals you have an opportunity to be rewarded for all of your hard work!

Goal Setting Meeting will be held on Monday, November 7th at 6:40pm downstairs in Room B. Please bring the mandatory \$5.00 goal enrollment fee to this meeting.

5:30-6:30pm (Jennifer H)

First Class November 17th

Resident : \$8.00

Non-Resident : \$ 12.00

November 10

Start

No Classes Thursday,

November 24th

December 15

End

Saturday

November 12

Start

FEE'S

Resident : \$12.00

Non-Resident : \$ 18.00

December 17

End

Fitness Mix Up

Looking for variety in your workout, if so, this is the class for you! Each week students will take part in a different group fitness class ranging from Boot Camp, Cardio Kick-boxing, Step Aerobics, Body Sculpt, Cardio Ab Circuit, and more! Not only is this a chance to try something new but also a great way to develop strength, flexibility, balance, and endurance all while having a blast doing so! Open to all fitness levels!

6:45-7:45am (Jennifer Huntington & Jennifer Kreider)