

# Registrations Start 8:00am March 13

## 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 March 25 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 your sweat on without sweating! Water Fit will focus on using the natural resistance of water and water tools to increase cardio endurance, flexibility and strengthen your muscles. All fitness levels can participate in this unique workout that is easy on joints but challenges your entire body.

*This class will be held at Best Western. Pool depth ranges from 3 feet to 5 feet.*

**(There is a \$5 per person charge "pool use")**

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

### Boot Camp

If variety and fun is what you want then you will love our Boot Camp class!!! We will use a combination of aerobic exercises, cardio intervals, resistance training and body weight exercises in a creative way that will give you a great workout, burn calories and tone your entire body! A variety that will keep you guessing what is next! Boot camp is a motivating total body workout for intermediate to advanced fitness levels with exercise options for low and high impact. Regardless of your fitness level, emphasis is placed on exercising safely, having a blast and completing the workout challenges as a team!

**5:30-6:30pm Jennifer H.**

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Resident : \$20.00

Non-Resident : \$ 30.00

### Barre Fusion

This ballet inspired workout fuses elements of dance, yoga, functional strength training and cardiovascular conditioning to deliver a total body workout with minimal impact. Small, yet effective, isometric movements are used to fatigue the muscles to promote an increase in strength, balance and flexibility. Focus on proper form and posture, contraction of the muscles, listening to your body and aiming to improve and challenge yourself each class is stressed. Students can expect the class format to always stay the same but each workout to differ with a variety of exercises introduced throughout the session. Routines may incorporate the use of a ballet bar, resistance bands, light weights and mini-balls. Students of all fitness levels are welcome to attend!

**4:15-5:00 pm Jennifer H.**

### 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 abdominal muscles, oblique's and lower back. Great for all fitness levels, modifications available for beginners.

**6:45-7:15pm Jennifer H**

Classes held at The Fitness Center—408 Osborne Drive.

**March 25th**

**May 27th**

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## 30 and Done

Welcome to 30 and Done. This class will be 40 minutes long to allow for pre-class instruction and warm up followed by interval training. Be ready for quick transitions as we use time to challenge our fitness levels. Focusing on strength, agility, you will need a can do attitude to work your way through this challenging class. If you enjoy sweating, this class is for you!

**5:30-6:15am-(Jen K)**

## Restorative/Chair Yoga

In this class students will learn basic yoga poses while using props, such as chairs, blocks, and bolsters for support as needed. Traditional poses will be performed, however, students will be encouraged to utilize the props best suited for them with their specific needs and safety in mind. The class will be a slow and gentle pace appropriate for beginners or those with special physical limitations. Each class will conclude with several restorative poses were the poses are held for a longer period of time but utilizing all props.

**NO CLASS MAY 21st (\$18/\$27)**

**10:00—11:00am (Kathy Peterson)**

## 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 poses. 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—5:00 pm (Pauline F)**

## Barre Fusion

This ballet inspired workout fuses elements of dance, yoga, functional strength training and cardiovascular conditioning to deliver a total body workout with minimal impact. Small, yet effective, isometric movements are used to fatigue the muscles to promote an increase in strength, balance and flexibility. Focus on proper form and posture, contraction of the muscles, listening to your body and aiming to improve and challenge yourself each class is stressed. Students can expect the class format to always stay the same but each workout to differ with a variety of exercises introduced throughout the session. Routines may incorporate the use of a ballet bar, resistance bands, light and heavy weights and mini-balls. Students of all fitness levels are welcome to attend!

**8:00-8:45am Jennifer H.**

# T U E S D A Y

### FEE'S

Resident : \$20.00

Non—Resident : \$ 30.00

## CIZE

Everyone can dance. This isn't one of those "dance-lite" workouts where you just shuffle your feet to the beat. Come to the studio, and Lindsay will teach you real dancing that only looks complicated. We break down the moves step-by-step as you go, so you can learn them, repeat them, put a sequence together, then bust out a full routine to songs from the CIZE playlist! You'll be completely amazed at how you feel. We may not call it a workout. But DANCING the way we've designed it is hard work. You WILL drip sweat. And you WON'T stop moving. Performing these pulse-pounding, thrilling routines is serious cardiovascular conditioning, core strengthening, and overall muscle toning—all at once.

**6:00—7:00 pm (Lindsay W)**

Classes held at The Fitness Center—408 Osborne Drive.

**March 26**

**Start**

**May 28**

**End**

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## Water Fit

Get your sweat on without sweating! Water Fit will focus on using the natural resistance of water and water tools to increase cardio endurance, flexibility and strengthen your muscles. All fitness levels can participate in this unique workout that is easy on joints but challenges your entire body.

*This class will be held at Best Western. Pool depth ranges from 3 feet to 5 feet.*

**(There is a \$5 per person charge “pool use”**

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



## Body Sculpt

A class designed to sculpt and strengthen your entire body! Each class will kick off their workout with a fun, choreographed, aerobic warm-up followed by an easy to follow total body strength and cardio routine. Be prepared to experience a new workout each week to prevent your body from plateauing and whip you into shape! A variety of equipment including dumbbells, resistance bands, gliders and stability balls will be used to challenge your body! This class is fun and effective and is for all levels of fitness.

**4:15-5:15pm Body Sculpt Jennifer H**

**March 27**

**Start**

## Turbo-Kick

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!

**5:40-6:30 pm Jennifer H**

## Barre Fusion

This ballet inspired workout fuses elements of dance, yoga, functional strength training and cardiovascular conditioning to deliver a total body workout with minimal impact. Small, yet effective, isometric movements are used to fatigue the muscles to promote an increase in strength, balance and flexibility. Focus on proper form and posture, contraction of the muscles, listening to your body and aiming to improve and challenge yourself each class is stressed. Students can expect the class format to always stay the same but each workout to differ with a variety of exercises introduced throughout the session. Routines may incorporate the use of a ballet bar, resistance bands, light and heavy weights and mini-balls. Students of all fitness levels are welcome to attend!

\*Class space is limited so be sure to sign up early to hold your spot.

**6:45-7:30pm Jennifer H.**

### **FEE'S**

Resident : \$20.00

Non-Resident : \$ 30.00

**May 29**

**End**

Classes held at The Fitness Center—408 Osborne Drive.

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## **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)**

**THURSDAY**

## **Piyo Strength**

Piyo Strength combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle-big and small. Mats are provided but participants are welcome to bring their own.

**4:15-5:15 pm -(Jennifer H)**

**March 28**

**Start**

### **FEE'S**

Resident : \$20.00

Non-Resident : \$ 30.00

**May 30**

**End**

## **\*\*\*YOGA\*\*\*New CLASS**

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 poses. 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.

**4:15-5:15 (Pauline F)**

## **Raise the Bar**

Gear up to work hard and give everything you've got in this 6 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 Thursday, March 28th at 6:25pm in the Fitness Studio. Please bring the mandatory \$5.00 goal enrollment fee to this meeting.*

**5:30-6:20pm (Jennifer H)**

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## Friday

**March 29**

**Start**

### FEE'S

Resident : \$18.00

Non—Resident : \$ 27.00

**May 31**

**End**

### **Beginners & Beyond Yoga Class**

This class is designed for beginning to experienced yoga practitioners. You'll learn standing, twisting, balancing, forward bending, sitting and relaxation poses. Each class will include a warm-up, work and cool-down relaxation phase. Students should be able to easily transition from standing to the floor or vice versa.

**10:00—11:00 Kathy P**

**No Class May 31st**



## Saturday

**March 30** **Start**

### FEE'S

Resident : \$20.00

Non—Resident : \$ 30.00

**June 1**

**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 Kickboxing, 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!

**7:30—8:30 am (Jennifer Huntington & Jennifer Kreider)**

Classes held at The Fitness Center—408 Osborne Drive.