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# Adult Programs

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Registration: Online: 8/22 12:01 A.M.  
Walk in & Non-Residents 8/23 9:30 A.M.

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**Register Early!**  
**Don't take a chance that the class  
you want will be full or canceled**

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## Cardio Chisel

It's all in a name....this workout is designed to be a total body boost! We leave no muscle untouched. Alternating between blasts of cardio and toning exercises, you will feel the burn long after the hour is up. \* For the intermediate to advanced participant. "Some" exercises can be modified.\*  
Please bring a towel, water and a mat.

Program Dates: 9/13- 10/20  
Tues/Thur 8:30- 9:30 A.M.  
Admin Basketball Court  
Fee: \$300- 12 Classes  
Instructor: Cyrece Lehrman

## Vinyasa 'Power Hour' Yoga

A fitness-based approach to Vinyasa style flow. Students of all levels will focus on linking conscious breath with a vigorous and mindful flow. You can expect a great cardiovascular and strength building workout combined with breath work.

9/26- 11/28 (No Classes 10/3, 10/31)  
Mon: 7-8:15 P.M.  
Sr. Center All Purpose Room  
Fee: \$160- 8 Classes  
Instructor: Kerin Whitmore

9/27-11/22 (No Classes 11/8)  
Tues: 8:30-9:45 A.M.  
Emmanuel Room 2  
Fee: \$160- 8 Classes  
Instructor: Kerin Whitmore

## Gentle Yoga

A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. All experiences levels are welcome, modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relation. Please bring a yoga mat, large blanket or towel and water.

Program Dates 9/27-11/22 (No classes 11/8)  
Tues: 9:30-10:30 A.M.  
Emmanuel Room 1  
Fee: \$160- 8 Classes  
Instructor: Diane Lowman

Program Dates: 9/28-11/30  
(No classes 10/12, 11/23)  
Wed: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$160- 8 Classes  
Instructor: Diane Lowman

## "Hit it" Cardio Kickboxing

Get some serious sweat on with our boxing and kickboxing-class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any level of experience welcome.  
\*Gloves not provided, please bring your own\* along with a towel, mat and plenty of water.  
Family Friendly Ages 12+ please.

Program Dates: 10/4- 11/29 (No classes 11/8)  
Tues: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$200- 8 Classes  
Instructor: Cyrece Lehrman

## **Pilates**

Designed to re-align the spine in regards to its natural skeletal position. Rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, enhanced body awareness, deeper ability to concentration and enhanced coordination. This class caters to new and experienced participants.

Program Dates: 9/27-11/22 (No Class 11/8)

Tues: 6-7 P.M.

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

Thur: 6-7 P.M. 9/27-9/17

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

## **Zumba**

Zumba fitness fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Program Dates: 9/27-11/22 (No classes 11/8)

Tues: 10-11 A.M.

Emmanuel Room 1

Cost \$160- 8 Classes

Instructor: Juli Quevedo

Program Dates: 9/29-11/17

Thurs: 7:15 P.M. – 8:15 P.M.

Sr. Center All Purpose

Cost: \$160- 8 Classes

Instructor: Juli Quevedo

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