

## Wellness

### Prenatal Yoga

Practice Gentle Yoga, Meditation and breath work to relieve common pregnancy discomforts and to help prepare for childbirth and motherhood. Please bring a yoga mat, pillow and water to class. No class Mar 18.

<b>Age:</b> 18 years up	<b>BRRC/Sm Dance Rm</b>		
<b>Instructor:</b> Tanya Colvin	<b>Min/Max:</b> 3/20		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop-in Fee/RDF</b>
Thu	Jan 7-May 27	5:30pm-6:30pm	\$14/\$12

\*10 Class Pass Fee/RDF: \$132/\$110

### Hatha Yoga

This therapeutic yoga improves flexibility and muscle strength. Meditation and relaxation at the end of class improve concentration, reduce stress, and will help you feel rejuvenated.

<b>Age:</b> 18 years up	<b>Lakeside Center</b>	<b>Min/Max:</b> 6/20		
<b>Drop in fee:</b> \$14/\$12	<b>Instructor:</b> Joyce Lapsker			
<b>Code</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee/RDF</b>
132804-1A	Mon	Jan 4-Mar 15	6:00pm-7:00pm	\$132/\$110
132804-2A	Mon	Mar 22-May 24	6:00pm-7:00pm	\$120/\$100



### Pilates Fusion

Develop core stabilization, strength, power. Combines yoga, Pilates mat and Pilate's reformer series on the mat. Add weights, bands and Pilates props for a complete core, strength and balance workout.

<b>Age:</b> 18 years up	<b>BRRC/Sm Dance Rm</b>	<b>Min/Max:</b> 8/16		
<b>Drop in fee:</b> \$17/\$14	<b>Instructor:</b> Pat Stevenson			
<b>Code</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee/RDF</b>
132803-1A	Mon	Jan 4-Mar 15	6:45pm-7:45pm	\$154/\$132
132803-2A	Mon	Mar 22-May 24	6:45pm-7:45pm	\$140/\$120

### Soul Line Dancing

Similar to Country Line Dancing, but the music and steps are different. Exercise to the sounds of Marvin Gaye, Michael Jackson and others while improving your health and fitness. Lose weight, reduce cholesterol, lower blood pressure and relieve stress and joint pain. Sign up for 8 weeks, get one free class.

<b>Age:</b> 18 years up	<b>BRRC/Lg Dance Rm</b>	<b>Min/Max:</b> 10/50		
<b>Drop In Fee:</b> \$6/\$5	<b>Instructor:</b> Dennis Mobley			
<b>Code</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Fee/RDF</b>
None	Sat	Jan 2 (demo)	10:00am-11:00am	FREE
131108-1	Fri	Jan 8- Feb 26	6:30pm-7:30pm	\$42/\$35

### Cardio Plus

A one hour group fitness class working all major muscle groups through cardio and strength exercises. Please bring a mat and water. All fitness levels welcome.

<b>Age:</b> 18 years up	<b>BRRC/Auditorium</b>		
<b>Instructor:</b> Cindy Martling			
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop-in Fee/RDF</b>
Thu	Jan 7-May 27	6:00pm-7:00pm	\$6/\$5



### Let's Groove Tonight!

A low-impact, high intensity cardio workout aimed at "getting your groove back" by taking simple moves from the world of low-impact aerobics, and getting up, getting down and getting groovy! Have fun while burning fat! Open to all levels. Bring water and a towel and leave your inhibitions at the door!

<b>Age:</b> 18 years up	<b>BRRC/Small Dance</b>		
<b>Instructor:</b> Tracey Scott	<b>Min/Max:</b> 4/16		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop-in fee/RDF</b>
Tue	Jan 5-May 25	6:30pm-7:30pm	\$7/\$6

### Boot Camp

This is a 50 minute co-ed, cardio blasting, weightlifting, heart pounding, fitness workout that consists of free weights, strength, core, and cardio vascular training along with plyometrics. Class is geared to all fitness levels. Whether you're looking to start a routine or shake up your current one, this class will challenge you. Bring as much air and water as you can.



<b>Age:</b> 16 years up	<b>BRRC/Indoor/Outdoor</b>		
<b>Instructor:</b> Jay Wilber	<b>Min/Max:</b> 4/40		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop-in Fee/RDF*</b>
M/Th	Jan 4-May 27	6:00pm-7:00pm	\$12/\$10
Sat	Jan 9-May 29	8:15am-9:15am	\$12/\$10

\*10 Class Pass Fee/RDF: \$96/\$80



### Dancing for Your Health

This fun, multi-intensity aerobic dance exercise class is for all levels of fitness. Focuses on proper aerobic exercise, flexibility, and strength training. Instruction is based upon many different styles of dance including Ballroom, Latin, and Free-style.

<b>Age:</b> 18 years up	<b>BRRC/Lg Dance Rm</b>		
<b>Instructor:</b> Madeline Sabatello	<b>Min/Max:</b> 4/16		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop-in fee/RDF</b>
Tu/F	Jan 12-May 28	8:45am-10:15am	\$6/\$5
Thu	Jan 14-May 27	7:15pm-8:30pm	\$6/\$5

**Discount Pass:** Purchase a 10 class pass and receive a discount.  
**Fee/RDF:** \$55/\$45

### Stroller Power

One hour of power walking and strength-training class for moms and their children using strollers, resistance tubes and weights. Burn fat and calories, build strength and endurance and increase flexibility. Mothers of Pre-K and school age children are welcome. Strollers aren't necessary...come alone.

<b>Age:</b> 18 years up	<b>BRRC/North Gym</b>		
<b>Instructor:</b> Stroller Power Inc	<b>Min/Max:</b> 2/12		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Drop in Fee/RDF</b>
T/Th	Jan 5-May 27	8:45am-9:45am	\$6/\$5
Wed	Jan 6-May 26	9:00am-10:00am	\$6/\$5

