

Land Aerobic Classes January 2nd ~ February 19, 2017



CLASS CODE #	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEM./NON-MEM	NO CLASS
142053-01	STEP-AEROBICS (Anna)	1/2 - 2/15	M/W	6:00 - 7:00 am	\$42/\$70	
142011-01	BEGINNER YOGA (Renee)	1/2 - 2/15	M/W	7:50 - 8:50 am	\$42/\$70	
142092-01	PILATES (Amy T.)	1/2 - 2/15	M/W	9:15 - 10:15 am	\$42/\$70	
142044-01	FIT FOR LIFE (Leona)	1/2 - 2/13	MONDAY	10:25 - 11:25 am	\$21/\$35	
112073-01	ADVANCED CRASH COURSE (Ages 12-15) (Nate)	1/2 - 2/15	M/W	5:30 - 6:30 pm	\$42/\$70	
142023-01	POWER TRAINING (Nate) Weight Room	1/2 - 2/15	M/W	6:35 - 7:35 pm	\$42/\$70	
142034-01	ZUMBA (Charlene)	1/2—2/15	M/W	6:40 - 7:40 pm	\$42/\$70	
142046-01	TOTAL BODY CONDITIONING (Anna)	1/2 - 2/15	M/W	7:45 - 8:45 pm	\$42/\$70	
142062-01	WARP SPEED (Anna)	1/3 - 2/16	T/THU	6:00 - 7:00 am	\$42/\$70	
142014-01	BEGINNER TAI CHI (Mary D.) (30 min)	1/3 - 2/16	T/THU	7:05 - 7:35 am	\$21/\$35	
142015-01	MORNING TAI CHI & STRETCH (Mary D.) (90 min)	1/3 - 2/16	T/THU	7:35 - 9:05 am	\$63/\$105	
142028-01	CORE & MORE (Leona) Upstairs Classroom	1/3 - 2/16	T/THU	8:05 - 9:05 am	\$42/\$70	
142012-01	INTERMEDIATE YOGA (Renee) (90 min)	1/3 - 2/16	T/THU	9:10 - 10:40 am	\$63/\$105	
142043-01	AGELESS & AWESOME (Amy T.)	1/3 - 2/16	T/THU	10:50 - 11:50 am	\$42/\$70	
142042-02	SILVER&FIT EXPERIENCE	1/3 - 2/16	T/THU	12:00 - 1:00 pm	\$42/\$70	
142013-02	YOGALATIES (Teresa)	1/3 - 2/16	T/THU	5:30 - 6:30 pm	\$42/\$70	
142051-01	FULL BODY BOOTCAMP (Katie)	1/3 - 2/14	TUE	7:20—8:20pm	\$21/\$35	
142031-01	BLT (BUTT, LEGS & THIGHS) (Anna)	1/5—2/16	THU	6:40 - 7:40 pm	\$21/\$35	
142012-02	Yoga	1/5—2/16	THU	7:25-8:25pm	\$21/\$35	
142063-01	CIRCUIT TRAINING (Anna)	1/6 - 2/17	FRI	6:00 - 7:00 am	\$21/\$35	
142013-01	YOGALATIES (Leona)	1/6 - 2/17	FRI	10:25 - 11:25 am	\$21/\$35	
142041-01	BODY BLAST (Anna)	1/7 - 2/18	SAT	8:10 - 9:10 am	\$21/\$35	
142021-01	CORE AND BUNS (Anna) (30 min)	1/7 - 2/18	SAT	9:15 - 9:45 am	\$11/\$18	
142046-02	TOTAL BODY CONDITIONING (Anna)	1/7 - 2/18	SAT	9:50 - 10:50 am	\$21/\$35	
142041-02	BODY BLAST (Anna) (90 min)	1/8 - 2/19	SUN	9:00 - 10:30 am	\$32/\$53	
142057-01	FUNCTIONAL FITNESS (Tim)	1/8 - 2/19	SUN	11:05 - 12:05 pm	\$21/\$35	
142025-01	STRENGTH & CONDITIONING (Tim) Fitness Room	1/8 - 2/19	SUN	12:10 - 1:10 pm	\$21/\$35	

Member Registration - Monday, December 12, 2016 Non-Member & Online Registration - Monday, December 19, 2016

Note To All Non-Members: Registration entitles you to participate in the class ONLY!

Fees Payable to: Town of Tonawanda

Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department

Here is a brief description of our aerobics classes!

ADVANCED CRASH COURSE: Building on the success of the original, the AFC is now offering Advanced Crash Course, a class for 11-15 year olds who are interested in learning how to exercise for general good health and/or athletics. This class will focus building solid weight room fundamentals, coupled with a fun and exciting atmosphere. **All participants must have the appropriate paperwork completed prior to the start date, including the PAR-Q, Physician's Clearance, and a copy of the Birth Certificate.**

AGELESS & AWESOME: This is a “no boundaries” class...push yourself to your **own** limits in a safe and controlled environment while exploring various exercise options and see improvements in your strength and endurance.

BEG. /INTER. YOGA: Energize yourself and relive stress practicing Yoga postures that develop strength, flexibility and mental focus.

BEGINNER TAI CHI: Learn the “soft” martial art of Tai Chi. Great for relaxation, balance, and energy. A very disciplined form of exercise practiced in China by millions for hundreds of years. Experience the mental, physical and spiritual balance of this relaxing yet stimulating form of exercise. We offer instruction in the standard 24 form Tai Chi known around the World. Ageless, timeless, and beneficial to ALL who participate.

BLT: This class is a TOTAL lower-body workout. It will be a combination of cardio, plus we will focus on those hard to sculpt areas. You will get the lower body you have always dreamed of. This class will definitely leave you feeling the “burn” – and get the legs you’ve always wanted. It’s the perfect addition to any workout routine.

BODY BLAST: An aggressive aerobic and strength class that will increase endurance and burn fat.

CIRCUIT TRAINING: This class is an invigorating combination of strength training and cardio conditioning that will keep you motivated and keep your body guessing.

CORE & BUNS: A short 30 minute class that will strengthen your core muscles (abs, lower back, glutes and hips) and improve balance and posture.

CORE & MORE: A great way to strengthen your core, improve your posture, tone your muscles and improve your flexibility and balance. This class will incorporate concepts from Pilates, Yoga, and strength training principles. Equipment will include mats, light weights, resistance bands, and balance discs.

CRASH COURSE: A class for 10-12 year olds who are interested in learning how to exercise for general good health and/or athletics. This class will focus building solid weight room fundamentals, coupled with a fun and exciting atmosphere. **All participants must have the appropriate paperwork completed prior to the start date, including the PAR-Q, Physician's Clearance, and a copy of the Birth Certificate.**

FIT FOR LIFE: A class for those who wish to be more active as current health professionals recommend. This class will involve strength, flexibility, core, balance training and aerobic movement. Each participant will be encouraged to work to their own ability, in a friendly and welcoming environment.

FULL BODY BOOTCAMP: A full body cardio and strengthening class for those who want toning.

FUNCTIONAL FITNESS: A challenging class for both beginners and experienced exercisers, focused on improving overall health and fitness. Achieve weight loss, lean muscle gains, increased core strength, balance and stability in this engaging and exciting NEW class.

MORNING TAI CHI & STRETCH: Wake up with a workout that will get the body going. This class will work on Static and Dynamic Stretches and Core Strength using 24 form Tai Chi.

PILATES: A series of exercises designed to improve physical strength, flexibility, posture, and enhance mental awareness.

POWER TRAINING: Get stronger and build quality muscle through the power moves like the squat, press, deadlift, and bench press. Set and achieve regular goals with a weight room workout this is individually designed just for you. **This class is not for beginners and experience with weight training is a must!**

SILVER&FIT® EXPERIENCE: A class open to all but FREE for any Silver&Fit® members. Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant’s flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

STEP AEROBICS: A 60 minute intermediate level class that utilizes the Reebok step class format that generally finishes up with toning & stretching.

STRENGTH & CONDITIONING: This high intensity class focuses on building an athletic body that is ready for any challenge. Combining tried and true principles of strength training and metabolic conditioning, this energetic and exciting class will get you fit, fast. Experience with weight training is a must. Class participants should be prepared to run, jump, and move at a rapid pace.

TOTAL BODY CONDITIONING: This is the TOTAL PACKAGE! TBC will incorporate various cardio and strength training techniques to give you an incredible workout and leave your body wanting more!

WARP SPEED: Looking to improve balance, stability, strength, quickness, and agility? Join our most advanced class for a 60 minute heart pumping, total body workout that replicates real sport and daily movements.

YOGALATIES: A yoga and pilates fusion class that will help you to increase overall strength and flexibility with emphasis on your core and body awareness. This class will incorporate equipment used in mat pilates and yoga classes.

ZUMBA: Latin dance inspired aerobics including Salsa, Merengue and Cumbia that will keep you energized while burning LOTS of calories! A comfortable and fun environment welcomes even the most novice exerciser, so don’t be shy, jump right in!

Youth Fitness Classes

CLASS CODE	CLASS NAME	DATES	DAY	TIME	CLASS FEES MEMBER NON-MEM
112072-01	CRASH COURSE (Tim) Ages 10-12 Fitness Room	1/8 - 2/19	SUN	10:00 - 11:00 am	\$21/\$35
112073-01	ADVANCED CRASH COURSE (Nate) Ages 12-15	1/2 - 2/15	M/W	5:30 - 6:30 pm	\$42/\$70