

FITNESS CLASSES

FREE 2 week trial! Where indicated, classes are offering a free trial period from Monday, Jan. 11th through Thursday, the 21st. Come and see what all the fun is about! Participants must register for the 2 week period prior to Jan. 11th at the WRC. Classes on this page are designed for ages 14 through adult.

MONDAY & WEDNESDAY CLASSES

DATE: FREE TRIAL Jan. 11-20
 Session 1 Jan. 25-Feb. 17
 Session 2 Feb. 22-Mar. 24
 (no class Spring Break- Mar. 15 & 17)
 Session 3 Mar. 29- Apr. 21
 Session 4 Apr. 26- May 19

POWER START

Power Start is 45 minutes of power! This class strengthens all your major muscles in a motivating group environment with fantastic music and a certified instructor. With simple, athletic movements such as squats, lunges, presses and curls, this class will get you motivated to start your day!

DAY/TIME: M/W @ 5:30-6:15 am
PRICE: \$25
INSTRUCTOR: Debbie Murphy, CT
LOCATION: Memorial Auditorium
MINIMUM: 7 **MAXIMUM:** 25
RATE: Beginner to High intensity

JAMMIE S & YOGA

Join this exhilarating class as we clear our mental clutter and daily stress by flowing through many movements and yoga positions. The end of class will leave you feeling very restful and peaceful.

DAY/TIME: M/W @ 9-10 pm
PRICE: \$20
INSTRUCTOR: Kelle Weakly
LOCATION: Wellington Recreation Center
MINIMUM: 7 **MAXIMUM:** 16
RATE: Low to Medium intensity

LIFETIME EXERCISE

This class has been tailored for older adults. Low impact aerobics and stretching is the focus of this class for a total workout. A stretch, tone and conditioning class for both senior men and women who want to improve their endurance, muscle tone and maintain their weight.

DAY/TIME: M/W @ 9:00-10:00 a.m.
PRICE: \$20.00
INSTRUCTOR: Lora Topinka
LOCATION: Wellington Recreation Center
MINIMUM: 7 **MAXIMUM:** 25
RATE: Low to Medium intensity

TUESDAY & THURSDAY CLASSES

DATE: FREE TRIAL Jan. 12-21
 Session 1 Jan. 26-Feb. 18
 Session 2 Feb. 23-Mar. 25
 (no class Spring Break- Mar. 16 & 18)
 Session 3 Mar. 30- Apr. 22
 Session 4 Apr. 27- May 20

POWER CORE / CARDIO

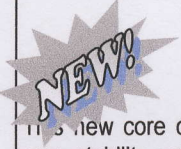
This power packed aerobic workout replaces the "frills" with emphasis on large muscle group movements. The class will concentrate on developing body toning and strengthening, centered on the trunk and lower torso or simply "the core".

DAY/TIME: T/TH @ 5:30-6:30 p.m.
PRICE: \$25
INSTRUCTOR: Debbie Murphy
LOCATION: Wellington Recreation Center
MINIMUM: 7 **MAXIMUM:** 25
RATE: Medium to High intensity

GENTLE YOGA

Explore gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. Ideal for those with chronic pain or stress, illness or injury. All fitness levels welcome. Leave your troubles at behind, wear comfortable clothing and join us for 45 minutes of revitalization!

DAY/TIME: T/TH @ 6:45-7:30 p.m.
PRICE: \$20
INSTRUCTOR: Sadie Black
LOCATION: Memorial Auditorium
MINIMUM: 7 **MAXIMUM:** 25
RATE: Low to Medium intensity



BUTZ & GUTZ

This new core conditioning class will focus on the front and rear of core stability using Pilates. Pilates exercises have been around for over 25 years, but recently the general public has started to discover the exciting combination of yoga, flexibility training and strength training works is fun and invigorating!

DAY/TIME: Tuesdays only @ 7:30-8:15 pm
PRICE: \$12
INSTRUCTOR: Kelle Weakly
LOCATION: Wellington Recreation Center
MINIMUM: 7 **MAX:** 16
RATE: Low to High intensity

Coming in March!!

Get a cardio & sculpting workout with the Latin-style moves of ZUMBA!

YOUTH - SENIOR FITNESS

SATURDAY CLASSES

Sessions for *Family Fit/Kid's Yoga, Jazzercise and Tumbling classes*

| | |
|----------------------------------|------------------|
| FREE TRIAL | Jan. 2 & 9 |
| Session 1 | Jan. 16- Feb. 6 |
| Session 2 | Feb. 13- Mar. 6 |
| Session 3 | Mar. 13- Apr. 10 |
| (no class Spring Break- Mar. 20) | |
| Session 4 | Apr. 17- May 8 |

FAMILY FIT-KID'S YOGA

Parent and child will enjoy playful poses and games together! This is a great opportunity for children to be introduced to a healthy lifestyle or to have one reinforced.

DAY/TIME: Saturdays, 9:00-9:30 am
AGES: 3-5 yr. & parent
PRICE: \$12.00
INSTRUCTOR: Kelle Weakly
LOCATION: Recreation Center
MINIMUM: 7 **MAX:** 16

JAZZERCIZE

Jazzercise is a fun way to learn jazzy dance moves and exercise at the same time. Students will learn proper exercise positions along with stretching. In each session, students will learn a new routine and have a great time too!

DAY/TIME: Saturdays, 9:30-10:15 a.m.
AGE: 5-10 yr.
PRICE: \$15.00
\$20.00 Tumbling + Jazzercise
INSTRUCTOR: Kelle Weakly
LOCATION: Recreation Center
MINIMUM: 7 **MAX:** 16

TUMBLING

Start your child down the correct road to fitness! This fun and energetic tumbling class will help develop hand-eye coordination & motor skills. Students will be introduced to rolls, handstands, cartwheels, stretching and safety skills in class and be able to work at their own pace in a fun environment.

DAY/TIME: Saturdays, 10:15-10:45 a.m.
AGE: 5-10 yr.
PRICE: \$12.00
\$20.00 Tumbling + Jazzercise
INSTRUCTOR: Kelle Weakly
LOCATION: Recreation Center

Wellington Recreation Commission
202 S. Jefferson • Wellington • 620-326-3323
Office Hr. M/F • 8:30 am-5:00 pm

NEW!

FREE 2 week trial! Family Fit/Kid's Yoga, Jazzercise and Tumbling classes will hold FREE Saturday sessions, Jan. 2nd and the 9th. Come and see what all the fun is about! Participants can register for the free trial period prior at the WRC.

SilverSneakers®

The SilverSneakers Fitness Program is the nation's leading exercise program designed exclusively for older adults.

Join our Silver Sneakers instructor, Jordyn Percival, stay active and have fun all at the same time! Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. To become a member or find out more information, please call the Fitness Center, 326-3435. This class is Free of charge.

Tuesdays & Thursdays, ongoing 10:30-11:15 am
LOCATION: Memorial Auditorium
INSTRUCTOR: Jordyn Percival
RATE: Low to Medium intensity

STUDENT FITNESS SPECIAL

The Fitness Center invites all students to come work out and get fit for a greatly discounted rate! All students, both high school and college, may purchase a one month membership for ONLY \$10! Students must show their current Student ID (or other proof of current enrollment) when purchasing their memberships at the FC. Students 14 & 15 years old must have an adult member (18 or older) with them to work out. 16 year olds may work out alone. Please contact the Fitness Center for additional information at 326-3435. Offer expires May 31st, 2009.

PUNCH CARDS

The WRC is offering two kinds of Punch Cards this year, Fitness Class Punch Cards and Fitness Center Punch Cards. One "punch" (visit) equals one 45-60 minute block of class time or one visit to the Fitness Center.

10 VISITS FOR ONLY \$30

Fitness Class Punch Cards— Cards may be purchased at the WRC and are valid for one session at a time;
Sess. 1= Jan. 25-Feb. 18 Sess. 2= Feb. 22- Mar. 25
Sess. 3= Mar. 29- Apr. 22 Sess. 4= Apr. 26- May 20
Fitness Class Cards may be used for the following classes-
• Power Start • Power Core/Cardio • GentleYoga
• Jammies & Yoga • Lifetime Exercise • Butz & Gutz

Fitness Center Punch Cards— Cards may be purchased at the Fitness Center and the WRC, are valid for one month (30 days) from date of purchase. Fitness Center Cards may be used for exercising at the Fitness Center only.