

Group Fitness Classes

Online Registration: 5/27 - 6/23
 Walk-in Registration: 5/29 - 6/23
 (\$2 late fee per class for registration after 6/23)
 Classes Run: 6/24 - 9/22
 Post-Summer Interim: 9/23 - 9/29
 No Classes: 7/4

BADMINTON

Badminton #43380
 Bring your game to the next level. This class will focus on all areas, including technique and footwork. No matter your current skill level, we can help strengthen and progress your abilities and level of play.

Th	6:30-7:45p	A	\$72 (Sr. \$60)
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CARDIO

Basic Aerobics #43300
 Slower paced entry level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M	9:15-10:15a	A	\$43 (Sr. \$33)
F	9:15-10:15a	B	\$47 (Sr. \$36)

Basic Step #43330
 Slower paced entry level workout for all ages. Sharpen balance awareness and increase cardiovascular and muscle endurance.

M	8:15-9:00a	A	\$32 (Sr. \$25)
W	8:15-9:00a	B	\$32 (Sr. \$25)

Advanced Step #43210
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T	6:30-7:45a	A	\$59 (Sr. \$45)
Th	6:30-7:45a	B	\$59 (Sr. \$45)
Sat	8:05-9:05a	C	\$59 (Sr. \$45)

Step Interval #43231
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

Th	9:40-10:40a	A	\$47 (Sr. \$36)
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Step & Condition #43140
 Cardio step (beginner/intermediate) along with an equal amount of muscle conditioning using weights and ball.

Tu	9:40-10:40a	A	\$47 (Sr. \$36)
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ZUMBA FITNESS® #43132
 This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!

W	9:15-10:15a	A	\$43 (Sr. \$33)
W	5:30-6:30p	B	\$43 (Sr. \$33)
F	6:00-7:00p	C	\$47 (Sr. \$36)
Sat	10:35-11:35a	D	\$47 (Sr. \$36)

ZUMBA FITNESS® + Kick #43135
 Fun and new combo of Zumba and kickboxing with the possibility of adding punching bags. Muscle conditioning and stretching also included. This high energy class has something for everyone!

Sun	5:30-6:45p	A	\$59 (Sr. \$45)
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ZUMBA TONING® #43137
 An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Mon	5:30-6:30p	A	\$43 (Sr. \$33)
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Boot Camp #43400
 Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.

W	6:10-7:10a	A	\$43 (Sr. \$33)
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CONDITIONING
Aerobic Strength Training (AST) #43180
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T	5:35-6:35p	A	\$47 (Sr. \$36)
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Basic Sculpt & Condition #43320
 Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

T	8:30-9:30a	A	\$47 (Sr. \$36)
Th	8:30-9:30a	B	\$47 (Sr. \$36)

Sculpt & Condition #43200
 Tone and strengthen the total body. Mild aerobic workout, adaptable yet challenging for all fitness levels. Hand-held weights, tubes, bands provided.

Sat	9:20-10:20a	A	\$47 (Sr. \$36)
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DANCE

Line Dancing (instruction) #43010
 Have fun while exercising your mind and body. Class features fast-paced, but easy-to-learn dances to a wide variety of musical styles. Dances include movements, combinations and rhythms from many countries. Class time will include lessons, as well as time to just dance!

F	7:15-8:15p	A	\$47 (Sr. \$36)
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Open Line Dancing
 Join us Friday nights for line dancing! Class will feature dances taught in the instruction class, as well as requested popular dances. This class features all dancing with no instruction. Fee: \$3 (\$2 for registered line dancing instruction class participants)

F	8:15-9:45p	Drop in Only
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Ballroom Dancing #43015
 Join instructors, U.S. Dance Champions Roger Thaxton & Carrie Garrity, for a world class ballroom dancing experience! During each session participants will learn a new style of dance. Couples and individuals welcome. If you've never danced before or just want to get back on the dance floor...waltz, sashay, or dip over to register! Pre-registration is required, no drop-ins. Beginner and intermediate classes available.

Cha Cha 7/8-7/29 (4 weeks)

Sun	7:00-8:00p (Beg.)	A	\$80/cpl. (\$48/ind.)
Sun	8:00-9:00p (Interm.)	B	\$80/cpl. (\$48/ind.)

KICKBOXING

Turbo Kick #43170
 Cardiovascular challenge improves agility and overall fitness! Techniques from dance, aerobics, kickboxing, and self defense.

M	6:40-7:55p	A	\$54 (Sr. \$41)
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MARTIAL ARTS

Tae Kwon Do
 Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.

Youth (Ages 5-12) Sun/W 4:15-5:15p #43240	
7/1-7/29	A \$48
8/1-8/15	B \$30
9/4-9/30	C \$48
Adult (Ages 12 and up) T/Th 7:45-8:45p #43241	
7/3-7/31	A \$54
8/2-8/16	B \$30
9/4-9/27	C \$48

MIND & BODY

Balanced Yoga #43273

Using Ashtanga yoga movements and breathing techniques, we will relax and strengthen mind and body, while increasing flexibility and working core muscles.

Th 5:35-6:35p A \$47 (Sr. \$36)

Fitness Pilates #43290

Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.

M 6:45-8:00a A \$54 (Sr. \$41)

Just Exhale #43270

Breathing and meditative exercises help relax, stretch, and release all muscle groups using yoga and Pilates.

M 12:15-1:15p A \$43 (Sr. \$33)

F 11:00a-12:00p B \$47 (Sr. \$36)

Matwork Pilates #43280

Benefits include increased overall flexibility, abdominal strength and an overall sense of well being. Feel stronger and leaner as you develop your core.

Sun 3:00-4:00p A \$47 (Sr. \$36)

M 10:30-11:30a B \$43 (Sr. \$33)

W 10:30-11:30a C \$43 (Sr. \$33)

Sat 11:45-1:00p D \$59 (Sr. \$45)

PiYo #43150

Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

Th 6:40-7:40p A \$47 (Sr. \$36)

Senior Stretch Fit #43310

Basic stretching, yoga-like exercises standing, wall and floor work. Improve muscle flexibility, increase range of motion and general well being.

T 10:50-11:50a A \$47 (Sr. \$36)

Th 10:50-11:50a B \$47 (Sr. \$36)

Tai-Chi #43251

Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.

T 6:40-7:40p A \$47 (Sr. \$36)



PERSONAL TRAINERS
If you're looking for that extra boost of motivation, personal trainers are available at the recreation center. Photos and bios of each trainer are available on our website at parks.ewashtenaw.org.

WATER AEROBICS

Water Aerobics #41200

Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.

M 9:00-10:00a A \$43 (Sr. \$33)

M 6:00-7:00p B \$43 (Sr. \$33)

T 9:00-10:00a C \$47 (Sr. \$36)

T 10:00-11:00a D \$47 (Sr. \$36)

W 9:00-10:00a E \$43 (Sr. \$33)

W 6:00-7:00p F \$43 (Sr. \$33)

Th 9:00-10:00a G \$47 (Sr. \$36)

Th 10:00-11:00a H \$47 (Sr. \$36)

F 9:00-10:00a I \$47 (Sr. \$36)

Sat 9:00-10:00a J \$47 (Sr. \$36)



REC CENTER TIDBITS

ONLINE REGISTRATION!

Online registration is available! Register for classes and events at your convenience. Visit parksonline.ewashtenaw.org.

Ballroom Dance Party

Ballroom Dance Party happening this summer! Instructors Carie Garrity and Roger Thaxton will give an hour instruction of one dance followed by a two-hour dance party of rumba, fox trot, waltz, cha-cha, and swing. Event will include refreshments, food, DJ and hours of dancing for \$10 per person. Dates and times TBA. Visit the front desk or call 734-971-6355 for more information.

Summer Day Camp & Camp Big Heart

7 weeks of Summer Day Camp will be offered June 18-August 3 (Mon-Fri, 9:15-4:15). Fee: \$155/week
Pre-/post-care may be purchased for \$15/week
Camp Big Heart will be held August 6-10. Fee: \$25
Register online at: parksonline.ewashtenaw.org

Weight Room Orientation

Are you new to the Recreation Center? Schedule a weight room orientation to become more familiar with the facility and equipment. We offer a relaxed and educational overview for new members and schedule these appointments according to inquiry. Ask the front desk for more details.

Facebook and Twitter—Follow Us!

For the latest updates and alerts on facility issues, upcoming events, and happenings, follow us on Facebook (Meri Lou Murray Recreation Center) and Twitter (@mlmreccenter).



Class Fee Refund Policy

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

*Refund after 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area

Group Fitness Hotline
734-971-6355, press 5...
for daily class schedule (current term), updated only to announce class cancellations; substitutes for regular instructors will not be recorded