Group Fitness Classes

Online Registration: 11/27 - 1/7
Walk-in Registration: 11/28 - until filled
($2 late fee per class for registration after 1/7)
Classes Run: 1/8 - 3/25

CARDIO

Aerobic Interval #23232
Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!

Th	9:40-10:40a	A	$58 (Sr. $47)

Basic Aerobics #23300
Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M	9:15-10:15a	A	$58 (Sr. $47)
F	9:15-10:15a	B	$58 (Sr. $47)

Basic Step #23330
Slower paced, entry-level workout for all ages. Sharpen balance awareness and increase cardiovascular and muscle endurance.

M	8:15-9:00a	A	$44 (Sr. $35)
W	8:15-9:00a	B	$44 (Sr. $35)

Boot Camp #23400
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	$58 (Sr. $47)

Advanced Step #23210
Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T	6:45-8:00a	A	$73 (Sr. $59)
Th	6:45-8:00a	B	$73 (Sr. $59)
Sat	8:05-9:05a	C	$58 (Sr. $47)

Step Interval #23231
Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

F	3:55-4:55p	A	$58 (Sr. $47)

For additional information, contact
Gus Rosa, Parks & Facilities Supervisor
(734) 971-6355 x0 | rosag@ewashtenaw.org

CONDITIONING

Aerobics and Strength #23180
Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T	5:35-6:35p	A	$58 (Sr. $47)

Basic Sculpt & Condition #23320
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	$58 (Sr. $47)
Th	8:30-9:30a	B	$58 (Sr. $47)

Power Sculpting #23190
Intervals of aerobics, low-impact and conditioning. Fast paced, easy to follow and a very effective fat burner.

M	5:30-6:30p	A	$58 (Sr. $47)
W	5:30-6:30p	B	$58 (Sr. $47)

Sculpt & Condition #23200
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	$58 (Sr. $47)

CYCLING

Studio Cycling #23420
Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance. **Drop-ins not permitted when class is at capacity.**

T	12:05-1:05p	A	$77 (Sr. $66)
F	6:15-7:15a	B	$77 (Sr. $66)
F	11:30a-12:30p	C	$77 (Sr. $66)

DANCE

Dance & Tone #23234
A blend of different dance and aerobic intervals (salsa, cha-cha, line dancing, etc.) combined with full body toning and sculpting work. A great fitness activity for those who enjoy dancing, aerobics, and having a good time!

T	9:40-10:40a	A	$58 (Sr. $47)

Personal Trainers!
If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at parks.ewashtenaw.org.

MIND & BODY

Balanced Yoga #23273
Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th	5:35-6:35p	A	$58 (Sr. $47)

Beginning Pilates #23291
Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility.

Sat	11:45a-12:45p	A	$58 (Sr. $47)
Sun	1:20-2:20p	B	$58 (Sr. $47)

Beginning Yoga #23292 NEW!
Each class will include a series of postures to stretch muscles, increase flexibility, and building a strong back/core.

Sat	1:00-2:00p	A	$58 (Sr. $47)

Fitness Pilates #23290
Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.

M	6:45-8:00a	A	$73 (Sr. $59)

Matwork Pilates #23280
Benefits include increased overall flexibility, abdominal strength and an overall sense of well being. Feel stronger and leaner as you develop your core.

M	10:30-11:30a	A	$58 (Sr. $47)
W	10:30-11:30a	B	$58 (Sr. $47)

Pilates #23285
This is an exercise system that is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury.

Th	4:00-5:00p	A	$58 (Sr. $47)

PiYo #23150
Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

M	11:45a-12:45p	A	$58 (Sr. $47)
Th	6:40-7:40p	B	$58 (Sr. $47)

Strengthen Yoga #23314
This 60-minute yoga flow class, will challenge your sense of balance while working your core and legs.

T	4:25-5:25p	A	$58 (Sr. $47)

Stretch and Strengthen #23315
This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

T	10:50-11:50a	A	$58 (Sr. $47)
Th	10:50-11:50a	B	$58 (Sr. $47)

Yoga #23274
Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.

F	5:05-6:05p	A	$58 (Sr. $47)

MARTIAL ARTS & SELF DEFENSE

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 4:00-5:00p		#23240
1/4-1/29	A	$48
2/1-2/26	B	$48
3/1-3/29	C	$54

Adult (Ages 12 and up) T/Th 7:45-8:45p		#23241
1/3-1/31	A	$54
2/2-2/28	B	$48
3/2-3/30	C	$54

Adult/Youth - **Advanced** Sun 3:00-4:00p #23242
*Class concentrates on more specific techniques. Must be a Green Belt or greater to participate.

1/8-1/29	A	$24
2/5-2/26	B	$24
3/5-3/26	C	$24

Tai Chi #23251

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	$58 (Sr. $47)

Warrior Self Defense #23243

This self-defense class teaches tactics and techniques to survive violent encounters. Class is taught by instructor Mike Trester.

M	7:45-9:15p	A	$78

WATER AEROBICS

Water Aerobics #21200

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	$58 (Sr. $47)
M	6:00–7:00p	B	$58 (Sr. $47)
T	9:00–10:00a	C	$58 (Sr. $47)
T	10:00–11:00a	D	$58 (Sr. $47)
W	9:00–10:00a	E	$58 (Sr. $47)
W	6:00–7:00p	F	$58 (Sr. $47)
Th	9:00–10:00a	G	$58 (Sr. $47)
Th	10:00–11:00a	H	$58 (Sr. $47)
F	9:00–10:00a	I	$58 (Sr. $47)
Sat	9:00–10:00a	J	$58 (Sr. $47)

LATIN AEROBICS

Latin Aerobics #23136

This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on the dance floor!

W	9:15-10:15a	A	$58 (Sr. $47)
Sat	10:35-11:35a	B	$58 (Sr. $47)

Zumba Fitness® #23132

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!

M	6:40-7:40p	A	$58 (Sr. $47)
F	6:15-7:15p	B	$58 (Sr. $47)
F	8:00-9:00a	C	$58 (Sr. $47)

Zumba Gold® #23138

Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

F	10:20-11:20a	A	$58 (Sr. $47)

Zumba Toning® #23137

An innovative muscle training program using lightweight dumbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Sun	12:10-1:10p	A	$58 (Sr. $47)
W	6:40-7:40p	B	$58 (Sr. $47)

Group Fitness Hotline

734-971-6355, #5

Call for daily, current class schedule; updated only to announce class cancellations. (Substitutes for regular instructors will not be recorded)

Winter Fun Fest

As part of Washtenaw County Parks' Winter Fun Fest, the Rec Center will be hosting various activities and special events, including our second annual Ice Carving Festival. Winter Fun Fest events will be held from Jan. 28 through Feb. 18, offering several ways to enjoy the winter season!

Daddy-Daughter Dance

February 18, 2017 • 6:30-8:30p
Cost: $20/couple, $5/each additional daughter
You and your sweetheart will make lasting memories with dancing and age-appropriate music, light refreshments, a souvenir, and tons of fun to go around! Pre-registration required: parksonline.ewashtenaw.org #55000 Sect. A.

Computer System Upgrade

Your patience is greatly appreciated as we work through our recently updated recreation software. Please let us know if you are experiencing difficulties with online registration at dsk@ewashtenaw.org.

Weight Room Orientation

We currently offer weight room orientation Mondays at 10:30am. Our experienced staff will explain weight room etiquette and demonstrate how to use each station properly. The cost for these 1 ½ - 2 hour sessions is $12 per person. Please register in advance.

Class Registration Options

In person • Fax • Mail • Online
Online registration at: *parksonline.ewashtenaw.org*.
Forms are available at the front desk or online at: *parks.ewashtenaw.org* (select "Forms & Publications" and under the "Application Forms" drop-down menu choose "Class Registration Form")
Mail to: Meri Lou Murray Recreation Center
P.O. Box 8645, Ann Arbor, MI 48107-8645
Fax: 734-971-2094

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

No cash refunds; credit card or check only.
*Refund after 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area.

Instructional Swim

Registration Required

| Online Registration: 11/27 - 1/6
Walk-in Registration: 11/28 - 1/7
Lessons Run: 1/8 - 2/11

|| Online Registration: 1/29 - 2/17
Walk-in Registration: 1/30 - 2/18
Lessons Run: 2/19 - 3/25

For online registration, select the name of the child you would like to enroll from the drop-down menu.

GROUP SWIM LESSONS

YOUTH

Parent Tot 1 $40 #21010
(6 mos–18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

		Session I	Session II
Sat	11:00–11:25a	A	C
Sat	12:30–12:55p	B	D

Parent Tot 2 $40 #21020
(18 mos–3 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

		Session I	Session II
Sat	10:30–10:55a	A	C
Sat	12:00–12:25p	B	D

Parent Tot 3 $40 #21030
(2½–4+ yrs with adult) We'll begin to practice skills from Preschool 1; for kids who aren't ready to be in the water without a parent. One adult per child.

		Session I	Session II
Sat	10:00–10:25a	A	C
Sat	11:30–11:55a	B	D

Preschool 1 $40 #21040
(At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

		Session I	Session II
Th	4:00–4:25p	A	G
Th	5:00–5:25p	B	H
Th	6:00–6:25p	C	I
Sat	10:00–10:25a	D	J
Sat	11:00–11:25a	E	K
Sat	12:00–12:25a	F	L

Preschool 2 $40 #21050
(4–5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

		Session I	Session II
Th	4:30–4:55p	A	F
Th	5:30–5:55p	B	G
Sat	10:30–10:55a	C	H
Sat	11:30–11:55a	D	I
Sat	12:30–12:55p	E	J

Level 1 $45 #21060
(At least 5 yrs) Children who can float and kick on both front and back without support begin to complete their strokes. Focus on stroke completion and technique.

		Session I	Session II
Th	4:00–4:40p	A	H
Th	4:50–5:30p	B	I
Th	5:40–6:20p	C	J
Sat	10:00–10:40a	D	K
Sat	10:50–11:30a	E	L
Sat	11:40a–12:20p	F	M
Sat	12:30–1:10p	G	N

Level 2 $45 #21070
(Must pass Level 1 or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

		Session I	Session II
Th	4:00–4:40p	A	H
Th	4:50–5:30p	B	I
Th	5:40–6:20p	C	J
Sat	10:00–10:40a	D	K
Sat	10:50–11:30a	E	L
Sat	11:40a–12:20p	F	M
Sat	12:30–1:10p	G	N

Level 3 $45 #21080
(Must pass Level 2 or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with breaststroke and treading water.

		Session I	Session II
Th	4:00–4:40p	A	E
Th	4:50–5:30p	B	F
Sat	10:00–10:40a	C	G
Sat	11:40a–12:20p	D	H

Level 4 $45 #21090
(Must pass Level 3 or with permission) Students will refine and improve all strokes learned while increasing endurance and stroke efficiency. More distance is introduced.

		Session I	Session II
Th	5:40–6:20p	A	D
Sat	10:50–11:30p	B	E
Sat	12:30–1:10p	C	F

ADULT & TEEN

Beginning Swimmer $50 (Sr. $40) #21111
(16+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes.

		Session I	Session II
Th	6:30-7:30p	A	B

Intermediate Swimmer $50 (Sr. $40) #21112
(16+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

		Session I	Session II
Th	6:30-7:30p	A	B

PRIVATE SWIM LESSONS

Private Swim Lessons $100 #21000
(4+ yrs) One-on-one instruction to fit individual needs. Five week sessions. A second person may be added to the same lesson for $50.

		Session I	Session II
Sun	2:00-2:30p	A	K
Sun	2:30-3:00p	B	L
Sun	3:00-3:30p	C	M
Sun	3:30-4:00p	D	N
Tues	5:00-5:30p	E	O
Tues	5:30-6:00p	F	P
Tues	6:00-6:30p	G	Q
Tues	6:30-7:00p	H	R
Th	6:30-7:00p	I	S
Th	7:00-7:30p	J	T

(734) 971-6355 x0 | dsk@ewashtenaw.org

No make-ups, refunds, or substitutions for missed instructional swim classes