

Group Fitness Classes

734-971-6355 press 5
Group Fitness Hotline

provides the daily class schedule for the current term, updated only to announce class cancellations. Substitutes for regular instructors will not be recorded.

CARDIO

Basic Aerobics

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

M 9:15-10:15a #3300 \$51 (Sr. \$39)
 F 9:15-10:15a #3301 \$51 (Sr. \$39)

Basic Step

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

M 8:15-9:00a #3330 \$39 (Sr. \$30)
 W 8:15-9:00a #3331 \$39 (Sr. \$30)

Super Days!

Work all major muscle groups while getting a great cardio workout using balls, gliders, turbo kick, hula hoops, and more. You name it, we do it! Each class will have a different combination of techniques. Never boring, join the fun!

Wild Wednesdays

W 6:40-7:40p #3370 \$51 (Sr. \$39)

Punch & Crunch Boot Camp

F 6:00-7:00p #3360 \$51 (Sr. \$39)

Super Sundays

Sun 2:00-3:00p #3390 \$51 (Sr. \$39)

Step Interval

Combination of aerobic conditioning, step, hi/lo aerobics or gliding. This is a great cardiovascular workout!

T 9:35-10:35a #3230 \$51 (Sr. \$39)
 Th 9:35-10:35a #3231 \$47 (Sr. \$36)

Intermediate Step

An energizing workout that targets the lower body and a healthy heart. A moderate impact and strong cardio class. Intermediate intensity/choreography.

F 8:00-9:00a #3217 \$51 (Sr. \$39)

Advanced Step

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

T 6:30-7:45a #3210 \$64 (Sr. \$49)
 T 4:30-5:30p #3212 \$51 (Sr. \$39)
 Th 6:30-7:45a #3213 \$60 (Sr. \$46)
 Th 4:30-5:30p #3214 \$47 (Sr. \$36)
 Sat 8:05-9:05a #3216 \$51 (Sr. \$39)

Zumba

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!

Sun 12:30-1:30p #3132 \$51 (Sr. \$39)
 W 9:15-10:15a #3130 \$51 (Sr. \$39)
 F 4:50-5:50p #3133 \$51 (Sr. \$39)
 Sat 10:30-11:30a #3131 \$51 (Sr. \$39)

CONDITIONING

Aerobic Strength Training (AST)

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

W 7:40-8:40p #3180 \$51 (Sr. \$39)

Basic Sculpt & Condition

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 #3320 \$51 (Sr. \$39)
 Th 8:30-9:30a #3321 \$47 (Sr. \$36)

Sculpt & Condition

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

T 12:15-1:15p #3200 \$51 (Sr. \$39)
 Th 12:15-1:15p #3201 \$47 (Sr. \$36)
 Sat 9:15-10:15a #3202 \$51 (Sr. \$39)

Power Sculpting

Intervals of aerobics and conditioning. Fast paced, easy to follow and a very effective fat burner.

M 5:30-6:30p #3190 \$51 (Sr. \$39)
 W 5:30-6:30p #3191 \$51 (Sr. \$39)

MARTIAL ARTS

Tae Kwon Do new

Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu. Available to anyone ages 5 and up.

Fall A: 9/27-11/7
 T/Th 7:45-8:45p #3240 \$72
 Fall B: 11/8-12/19
 T/Th 7:45-8:45p #3241 \$66
 *Class meets 2 days a week

KICKBOXING

Cardio Kickboxing

A great, safe cardio workout combining kickboxing and choreographed sequences, with a significant muscle conditioning component. We recommend you bring your own gloves.

M 4:30-5:30p #3110 \$51 (Sr. \$39)
 W 4:30-5:30p #3111 \$51 (Sr. \$39)

Turbo Kick

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

M 6:40-7:55p #3170 \$64 (Sr. \$49)

DANCE

Ballroom Dance

Become a better dancer by starting with the basics and progressing each week. Partners recommended.

F 7:15-8:15p #3000 \$51 (Sr. \$39)

MIND & BODY

Balanced Yoga

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

T 5:35-6:35p #3271 \$51 (Sr. \$39)

Fitness Pilates

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

M 6:45-8:00a #3290 \$64 (Sr. \$49)

Just Exhale

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

M 12:15-1:15p #3270 \$51 (Sr. \$39)
 F 12:15-1:15p #3272 \$51 (Sr. \$39)

Matwork Pilates

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

Sun 3:30-4:30p #3284 \$51 (Sr. \$39)
 M 10:30-11:30a #3280 \$51 (Sr. \$39)
 W 10:30-11:30a #3281 \$51 (Sr. \$39)
 Sat 11:45-1:00p #3283 \$64 (Sr. \$49)

PiYo

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

Th 6:40-7:40p #3150 \$47 (Sr. \$36)

Senior Stretch Fit

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

T 10:45-11:45a #3310 \$51 (Sr. \$39)
 Th 10:45-11:45a #3311 \$47 (Sr. \$36)

Tai-Chi

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

T 6:40-7:40p #3251 \$51 (Sr. \$39)
 Sat 3:00-4:00p #3250 \$51 (Sr. \$39)

Get in the Pool!

Dates and Registration
Information on page 8

No make-ups for missed
instructional swim classes

WATER AEROBICS

Looking for a new and refreshing way to stay in shape? Tired of sore feet and aching joints? 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. 12-week fitness class.

M	9:00-10:00a	#1200	\$51 (Sr. \$39)
M	6:00-7:00p	#1210	\$51 (Sr. \$39)
T	9:00-10:00a	#1220	\$51 (Sr. \$39)
T	10:00-11:00a	#1230	\$51 (Sr. \$39)
W	9:00-10:00a	#1240	\$51 (Sr. \$39)
W	6:00-7:00p	#1250	\$51 (Sr. \$39)
Th	9:00-10:00a	#1260	\$47 (Sr. \$36)
Th	10:00-11:00a	#1270	\$47 (Sr. \$36)
F	9:00-10:00a	#1280	\$51 (Sr. \$39)
Sat	9:00-10:00a	#1290	\$51 (Sr. \$39)



Class Registration Info		
Dance, Fitness & Water Aerobics: 12-week session*		
Session	Registration**	Classes
	Sept 8-Sept 23	Sept 27-Dec 19 (no class Nov 26)
Adult & Teen Instructional Swim: 5-week sessions		
Session	Registration***	Classes
A	Aug 22-until full	Sept 16-Oct 14
B	Oct 24-until full	Nov 4-Dec 9 (no class Nov 25)
Youth Instructional Swim: 5-week sessions		
Session	Registration***	Classes
A	Aug 22-Sept 16	Th - Sept 17-Oct 15 Sat - Sept 19-Oct 17
B	Oct 24-Nov 4	Th - Nov 5-Dec 10 Sat - Nov 7-Dec 12 (no class Nov 26 & 28)
* \$ for Thursday classes reflects 11 week session due to holiday		
** \$5 late fee for registration after Sept 23		
*** Registration required for Instructional Swim Classes		

Instructional Swim

ADULT & TEEN two 5-week sessions

Learn to Swim

(13+ yrs) Two instructors will divide the class into two skill levels on the 1st day. Classes are designed for those who wish to learn to swim, improve strokes or just learn to be comfortable in the water.

W	7:00-8:00p	#2410	\$50 (Sr. \$40)
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YOUTH SWIM two 5-week sessions

Duck & Ducklings (Infant/Toddler)

(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.

Sat	11:15-11:45a	#1010	\$38
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Otters & Pups (Pre-School 1)

(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.

Sat	10:35-11:05a	#1020	\$38
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Penguins & Chicks (Pre-School 2)

(2½-4+ yrs with adult) We'll begin to practice Sea Stars skills; for kids who aren't ready to be in the water without a parent. One adult per child.

Sat	10:00-10:30a	#1030	\$38
Sat	11:50-12:20p	#1031	\$38

Sea Stars (Young Swimmer 1)

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

Th	4:00-4:30p	#1042	\$38
Th	5:00-5:30p	#1043	\$38
Sat	10:00-10:30a	#1040	\$38
Sat	11:15-11:45a	#1041	\$38

Tadpoles (Young Swimmer 2)

(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.

Th	4:30-5:00	#1053	\$38
Th	5:30-6:00	#1054	\$38
Sat	10:35-11:05a	#1050	\$38
Sat	11:50-12:20p	#1051	\$38
Sat	12:30-1:00p	#1052	\$38

Goldfish (Level 2)

(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.

Th	4:00-4:35p	#1063	\$38
Th	5:25-6:00p	#1064	\$38
Sat	10:00-10:35a	#1060	\$38
Sat	11:15-11:50a	#1061	\$38
Sat	12:30-1:05p	#1062	\$38

Alligators (Level 3)

(Must pass Goldfish or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

Th	4:40-5:20p	#1072	\$38
Sat	10:35-11:15a	#1070	\$38
Sat	11:50-12:30p	#1071	\$38

Sea Turtles (Level 4)

(Must pass Alligators 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.

Th	4:00-4:40p	#1082	\$38
Th	4:40-5:20p	#1083	\$38
Sat	10:35-11:15a	#1080	\$38
Sat	11:50-12:30p	#1081	\$38

Dolphins (Level 5/6)

(Must pass Sea Turtles or with permission) Students will refine and improve all strokes learned while increasing endurance and stroke efficiency. More distance is introduced.

Th	5:20-6:00p	#1091	\$38
Sat	12:30-1:10p	#1090	\$38

*** PLEASE READ ***

Children who are not potty trained must wear swim diapers with training pants and swimsuit

You may watch swim classes from the deck on the 1st & last days only; on other days use the main floor observation windows

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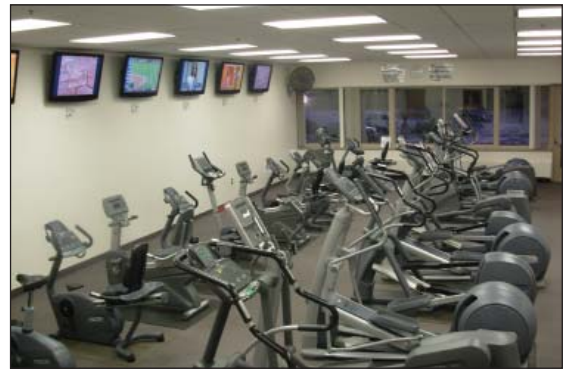
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 *** Price for Thursday classes reflects 11-week session due to holiday

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*



Class Registration Form

Please use one form per participant; may be copied as needed



Participant Name _____ Birth Date _____
 Name of Guardian if Participant is under 18 _____
 Street Address _____ City _____ Zip _____
 1st Phone _____ 2nd Phone _____

Class Title	Day & Time	Class#	Fee

Total: _____

Waiver: I attest that I am/my child is physically capable of participating in the above programs for which I have registered and hereby release WCPARC from any responsibility whatsoever for personal injuries, damages, or loss of equipment resulting from participation.

Signature _____ Date _____
 (parents must sign for children under 18)

- Check enclosed (made payable to WCPARC)
- Charge to Visa/MasterCard (circle one)

Card# _____
 Exp. _____ Phone _____

Signature _____

Mail to: WCPARC, P.O. Box 8645, Ann Arbor MI 48107

OFFICE USE:	Check # Staff Initials	Cash Receipt # Amount	CC Approval # Date	Time
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We'll contact you only if there is a problem with your registration. Questions? (734) 971-6355, parks.ewashtenaw.org